



CRAWFORD COUNTY AVALANCHE



Thursday, May 29, 2003

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50¢

WITH OUR HEADS BOWED IN PRAYER



Photos by Cheryl Ruley

Citizens and veterans bow their heads in prayer in remembrance of the sacrifices made by those who have died to protect our freedoms. About 100 people attended Monday morning's Memorial Day tribute at Elmwood Cemetery in Grayling, honoring all servicemen and women, but especially those who have died in the line of duty in any war or conflict. (Right) WWII veteran and former POW, Don Geiss, spoke to the crowd and Chaplain Art Thayer (not shown) included longtime USO entertainer Bob Hope in his message. Hope will celebrate his 100th birthday soon. Members of the VFW and American Legion also provided the services in Frederic and Maple Forest Townships.



County severs ties with Fair Board

by Cheryl Ruley
Staff Writer

The Crawford County Board of Commissioners severed their ties with the Board of the Crawford County Fair Association citing the Fair Board's failure to comply with the terms of its lease.

Crawford County leases the fairgrounds to the Fair Association on an annual basis for the expressed use of providing a county fair. The Fair Association's agreement with the County states it can not sign any lease agreement with any group or individual for use of any part of the fairgrounds without the review of such a contract and consent of the County Board.

A lease between the Fair Board and Grayling Little League to use the county fairgrounds was brought to the County's attention on May 14 by Little League president, Rich Alexander.

A letter received by Alexander, written by the Fair Board stating Little League had not met the conditions of its contract, was presented to the Commissioners. The letter contained only the signature of Fair Board secretary, Deanna MacIntyre and the printed name of Ron Case, president.

Alexander denied there was any failure on Little League's part to satisfy the contract and was unaware of the Fair Board's

failure to bring the lease before the County Board for its approval.

Grayling Redskin Football officials, too, have complained to the County in recent months of the same type of troubles when dealing with the Fair Board and last year were also asked to leave under accusations Redskin officials were non-compliant with their lease agreement.

Commissioner Scott Hanson reminded the County Board that the lease with Little League was never brought to them for review and consent, therefore the Fair Board had violated its own lease agreement and the County needed to do something about the problem now. He said inaction could lead to the discontinuance of much-needed athletic activities for the county's children.

Commissioner Shelley Pinkelman stated the Fair Board also made an agreement with the Saddle Club Riders without the County's consent and called the Fair Board's disregard for its agreement with the county "grave."

At the County Board's May 21 regular meeting, Pinkelman remarked, "We have been through this for too many years and it's been a nightmare for our organizations and the children of this county."

She then presented the following motion:

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See "COUNTY SEVERS..."

Book Fairy closes final chapter

by Susan Warrington
Staff Writer

The Book Fairy program started by Ilene Geiss-Wilson four years ago at Frederic Elementary School has come to its final page. May 22 marked the end of the program which gave each Frederic Elementary student a book of their own every month.

Geiss-Wilson has been dressing up complete with fancy gown, tiara, wings and brocade sneakers to help encourage the students learn to read and to value books. She said one student who had received only three books before moving away, moved back and told the book fairy she had kept those three books through the moves.

Since books are selected during lunch the distribution always starts with kindergartners and works its way up to fifth grade. Age appropriate books are placed on book trolleys and the students are free to come and

pick out their book after they finish eating lunch. After picking up their book, the students then fill out a label they put into their new book identifying it as theirs. A record is kept of who picks up a book so that those who are absent on 'book fairy day' can select their book when they return to school.

At the final book fairy day the students were allowed to pick two books instead of one.

The program was funded by the Frederic Parent Teacher Organization, donations and the Public Enrichment Foundation.

With the closing of Frederic Elementary the book fairy program has come to an end. Geiss-Wilson says it would be extremely difficult to continue when the enrollment of Frederic Elementary is approximately 100 and the combined enrollment of AuSable Primary and Grayling Elementary next year will be over 800.



Book fairy Ilene Geiss-Wilson helps a Frederic Elementary student choose books for the last time.

4th Annual Truck Show runs through weekend

by Cheryl Ruley
Staff Writer

For the fourth year in a row, Charlie's Country Corner, at Four Mile Road and I-75, will play host to a truck show which grows more popular each year.

Sponsored primarily by Fick & Sons, Inc. of Grayling, the Super 8 Motel, and Pepsi Bottling of West Branch, the show attracts truckers and their rolling works of art -- big, beautiful semi-tractor trailers -- to compete in several categories for cash prizes and trophies. The show is sanctioned by NAST (National Association of Show Trucks).

On Friday evening, May 30, truckers will begin to arrive and register for competition. Over \$15,000 in cash and prizes are up for grabs.

But the show doesn't end with competition and it's not just for truckers. Activities are planned for the enjoyment of all ages and there is no admission charge.

Entertainment by singer/guitarist Joey Holiday is free each day of the show, May 30 - June 1.

An Arts & Crafts Show will provide visitors with the opportunity to purchase handmade items from local artisans, from 10 a.m. to 6 p.m. on Saturday, and from 9 a.m. to 4 p.m. on Sunday.

A BBQ chicken dinner will be served on Saturday, from 12 noon to 6 p.m., for hungry visitors.

Each year sponsor Charlie Fick chooses a local charitable organization to receive proceeds from a silent auction. This year the auction will be held on Saturday, May 31 from 10 a.m. to 4 p.m., with all proceeds going to the Crawford County Community Christian Help Center.

As the sun sets Saturday evening, and to close out the busy day, all trucks entered in the show will line up and give the whole community a look at their highly polished, shined and illuminated beauty as the annual "Parade of Lights" begins. The parade route begins on Four Mile Road, travels west to Military Road, then north on M-93 to M-72, east to the I-75 Business Loop, then south and onto the freeway and back to Charlie's.

Get up early Sunday morning, June 1, and join the truckers and other visitors for a Pancake & Sausage Breakfast, to be served from 7 a.m. to 11 a.m.

For more information, call Kaye Laughton at toll-free at 1-866-348-2740 or log on to: www.fickandsons.com.

GHS graduation site moved outdoors

by Susan Warrington
Staff Writer

The 114th graduating class of Grayling High School will be making history June 6 when commencement exercises are held outdoors for the first time.

Seniors Sean Doyle and Sarah Starks asked school board members to consider this alternative at their May 19 meeting. After meeting with administrators, the board voted May

23 to hold graduation in the football stadium. This decision will allow each of the 129 graduates to invite their entire family to attend, rather than being limited to only a few family members.

The construction project at the high school made the fire marshal cut the safe seating capacity of the gymnasium to only 60 percent of normal.

The fire marshal informed school administrators that no more than 900 people would be allowed into the gym while construction blocks some exit doors.

In case of inclement weather, graduation will be moved into the gym. In that case, seniors will be given special tickets to distribute to family members allowing them to attend the exercises in the gym.

Commencement exercises will be held at 8 p.m. on June 6.

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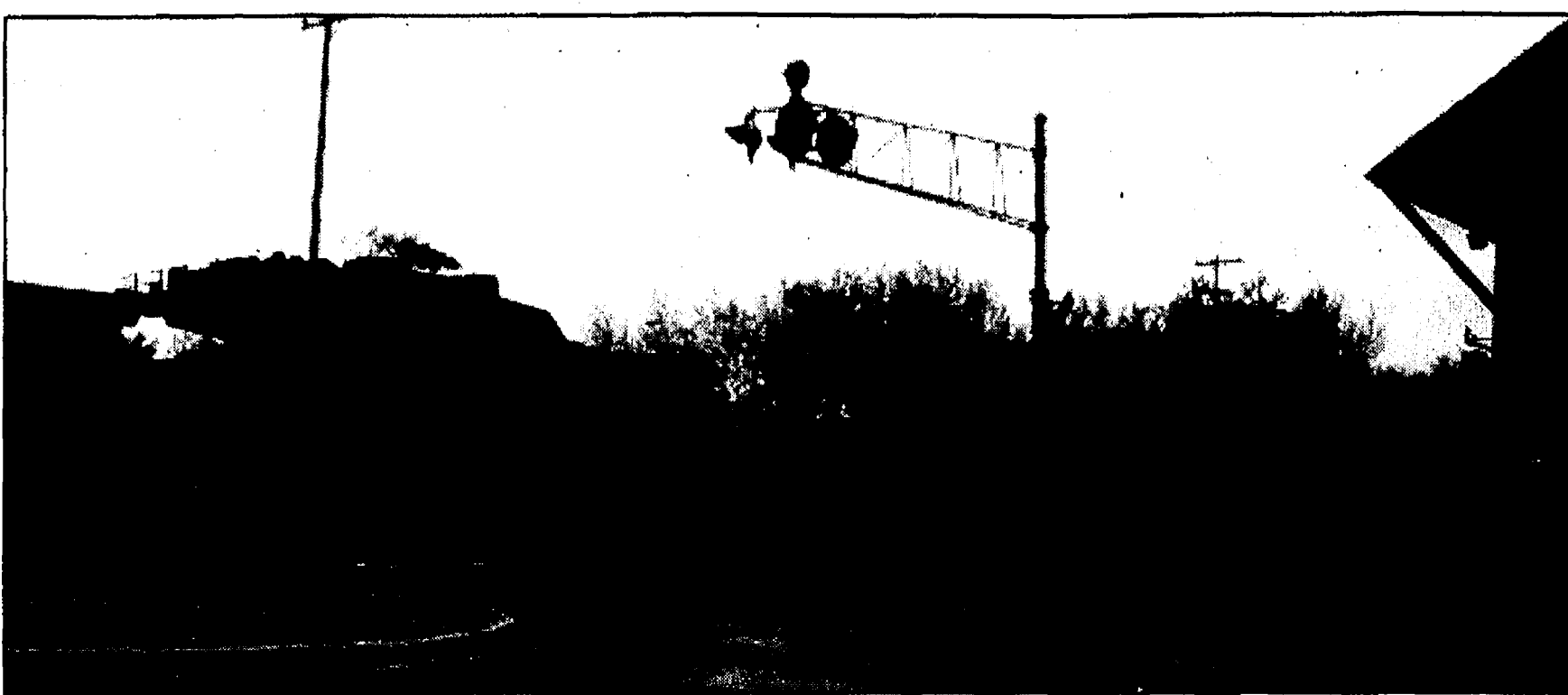


Photo by Cheryl Rulley

A sure sign each spring that National Guard troops will be training soon at Camp Grayling is the arrival of these M1IP Abrams main battle tanks from Ohio. A train pulling the tanks passed through Grayling late last week.

Former GMS teacher to be sentenced

by Cheryl Rulley
Staff Writer

Former Grayling Middle School math teacher Kathryn Anne Olson is scheduled to be sentenced early next month on one felony count of making a false bomb threat to the school's principal on March 11, 2002.

Olson, now 45-years old, was first scheduled to be sentenced in April, but 46th Circuit Trial Court Chief Judge Alton T. Davis adjourned sentencing indefinitely in anticipation of an evaluation of Olson's mental status.

Judge Davis said in April he

didn't want to proceed with sentencing until he saw what each party may have in that regard.

At the time of her confession last year, Olson told investigators she placed the call because she was under a lot of stress from her teaching job.

Olson pleaded guilty as charged in March and has been free on \$10,000 bond. She waived her right to a jury trial with her guilty plea and faces up to four years in state prison and/or a \$2,000 fine.

Sentencing is scheduled for Monday, June 9 at 9 a.m. in Circuit Court.

County severs ties with Fair Board

Continued from Page 1A

The move to sever the lease with the Crawford County Fair Board for their failure to comply with the terms of the lease, and that the Crawford County Board of Commissioners occupy the premises in the best interest of the people of Crawford County.

"Additionally, the locks on all buildings are to be re-keyed immediately at County expense and the Crawford County Fair Board shall have 14 days to coordinate the removal of any equipment owned by the Crawford County Fair Board.

"The Fair Board may coordinate dates for the Crawford County Fair with the Crawford County Board of Commissioners."

The motion passed unanimously.

County Chairperson Lynnette Corlew discussed with the Board the formation of a committee to oversee the use of fairground property. Commissioner Rick Anderson suggested representatives from each organization which customarily makes use of the grounds, and has contributed to its development, be represented on any such committee.

The Board voted unanimously to comprise the new "Fairground Land Use Committee" of one representative each from Little League, Redskin Football, 4-H, Grayling Youth Booster Club, and the Fair Board, along with two Commissioners, Hanson and Terry Beardslee, with Pinkelman serving as alternate.

The Commissioners agreed Corlew would contact each organization immediately and a meeting of the new committee was set for May 27 at 7 p.m. at the county building.

Though having been informed of the meeting and invited to attend, no one representing the Fair Board was present at the May 21 County meeting.

Maple Forest Township supports fireworks display

The Maple Forest Township board voted unanimously to give \$1,000 to the Grayling Youth Booster Club (GYBC) to help support the July 4 fireworks display.

The vote came after Rick Schmidt of the GYBC gave a brief presentation to the board. He said costs were increasing and the GYBC was looking for support from all of the townships in part because the display is enjoyed by residents throughout the county.

Schmidt also said by getting county-wide financial support, the booster club would be able to use more of their funds to directly benefit area youth.

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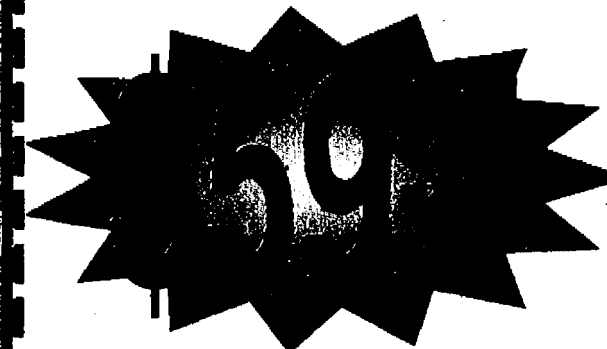
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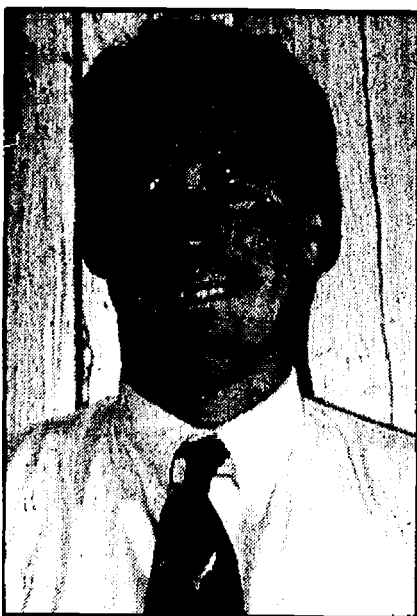
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School Board candidates share views

► Two school board seats up for election on Monday, June 9

The following profiles of candidates seeking election to the Crawford AuSable School District's (CASD) Board of Education were compiled from information received from each candidate using a questionnaire provided by the *Avalanche*.

Candidate profiles appear in alphabetical order and differ in size only due to the amount of information each candidate provided.



William I. Dean

William I. Dean, of Grayling, is an optometrist by profession and a 1977 graduate of Grayling High School (GHS).

He earned a Bachelor of Arts degree in Chemistry from Hope College in 1981, graduated from Illinois College of Optometry in 1985, served at the U.S. Air Force's Vandenberg Hospital from 1985-1988, and has operated a private practice in Grayling since 1988.

Dean's wife, Cory, graduated from GHS in 1980. The couple has four children currently attending school in the CASD, representing each building in the district.

In his leisure, Dean said he enjoys fly fishing, running, listening to music, reading and spending time with his family.

Dean was asked by the *Avalanche*, "What do you think is the greatest need in education today?" He replied: "Our schools should excel in providing the basic tools that allow students to learn. The ability to read and write, and thus the ability to communicate thoughts and ideas, is the basis for all reasoning. Mathematical skills are essential in any field one endeavors."

"Education should be provided in a safe and respectful environment, in a way that is invigorating, and in a way that is honest."

He was also asked what he thinks are the greatest needs facing Crawford AuSable schools.

"Providing quality education in a time of budgetary constraint is the greatest challenge facing CASD. Secondly, providing educational opportunities for all students, from college-bound curriculum to vocational training, should be a priority," Dean said.

"Lastly, the establishment of our schools as a major focus of our community by increasing access to all members of the community during the school year and throughout the summer."

When asked what personal strengths or qualities he has which would be most beneficial as a school board member, he said, "I feel I am a truthful and honest person, capable of being objective on difficult decisions. As a board member, I will do what is right. This is sometimes difficult, but we need to carefully consider and direct our actions by what is right."

"I will show respect for the faculty and students. There is no substitute for treating people with dignity and respect, even if we disagree, we do not have to be disagreeable."

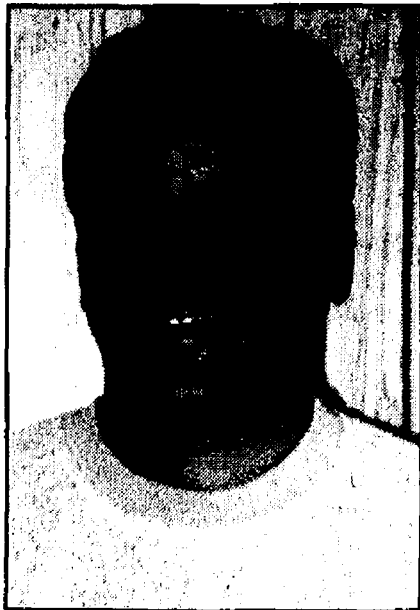
Dean explained why he is running for the school board and what he hopes to accomplish if elected. "Having grown up in this community, graduated from Grayling High School, and now have chosen to raise my own

family in this same community, I sincerely care about Grayling and want nothing but the best for the children who reside here.

"A first-class education is the initial ingredient for success in any walk of life that a young student pursues. This education creates pride in one's school, community, and most importantly, in oneself."

"My goal as a board member would be to provide students of Crawford County with a quality educational experience, in an encouraging uplifting environment, allowing them to aspire and reach the goals they dream."

* * * * *



Lewis Madill

Lewis Madill, of Maple Forest Township, is a sawyer by trade and works in wholesale sales. He is a 1977 honors graduate of GHS.

He also holds a Bachelor of Science degree in Business Administration and graduated Cum Laude from Central Michigan University.

Madill is married with two children currently enrolled in the CASD school system, and represents the sixth generation of his family in the area.

Madill comes from a long line of local graduates: "My grandmother, Norma (Johnson) Madill graduated from GHS in 1920 and my grandfather, Lewis Stillwagon, from Frederic in 1936; my grandmother, Dorothy (Richter) Stillwagon in 1939 from Frederic High; my father, Jim Madill graduated from Frederic in 1954 and my mother, Martha (Stillwagon), graduated from Grayling in 1959."

In his leisure, Madill said he likes family time and trips, sports, hunting, fishing, water sports and activities. "I enjoy new things and new challenges -- especially out of doors."

Madill said he thinks the greatest need in education today is Stabilizing funding for education. "Presently, we are limited by law from raising operating money through taxes or millages, but we live in a strong, supportive community that seems to find creative ways to accomplish that which needs to be done."

The greatest needs facing Crawford AuSable Schools, Madill said, is "Reducing the number of students per class in elementary, especially early elementary. We need to find ways to increase (the amount of) people directly involved with our youngest children such as teachers, paraprofessionals, volunteers, daytime support staff, etc."

"Also, we need to increase the emphasis on programs for stu-

dents who will live and work in our community. This should include vocational programs, job exploration, community service, etc. These kids are our future."

When asked about his personal strengths or qualities that are most beneficial to serve as a member of the school board, Madill explained, "I have six years experience on the CASD board of education, including two as its president. My educational background is a B.S. in business administration with emphasis on accounting, finance and economics."

"I have over 20 years in the family manufacturing and wholesale business, working in outside sales, as well as working in the factory and office. My family roots come from all over the county and I count on input and help from friends and family throughout the district and from all townships and communities."

Madill said he is running for a seat on the school board because, "The CASD is one of the most important foundations of our community."

What he would like to accomplish is this: "I would like to bring my board experience from six years on the board, over 20 years in AuSable Woodworking (through good times and tough times) and my ties throughout the entire school district to help us in these times of tough budget decisions."

Additionally, Madill remarked, "I am a lifelong resident of Crawford County, growing up in Frederic, with middle and high school in Grayling, and now live in Maple Forest Township. My family comes from and lives throughout the district. With all of the challenges facing public education and school districts today, it is even more important to have balanced, experienced, and responsive representation from across the entire school district."

"Kids have always been my first priority, and I will stress community and fiscal responsibility. Please remember, together we succeed."

* * * * *



Gary J. Pettyjohn
Incumbent

Gary J. Pettyjohn, seeking his second full term on the Board of Education, is a maintenance mechanic for the Department of Natural Resources' Parks and Recreation Bureau. He is a 1962 graduate of Grayling High

School.

He and his wife, Donna, share six children and two grandchildren. In his leisure, Pettyjohn said, "I enjoy working with wood, canoeing and kayaking, hunting, fishing and gardening."

Pettyjohn said he thinks the greatest need in education today is to keep and maintain quality educators. "With ever new requirements, it is harder to choose teaching as a career. Funding for professional development is also extremely important. The success of a quality education is in the educators' hands," he explained.

Regarding the greatest needs facing the Crawford AuSable Schools, Pettyjohn said, "We know the greatest challenge facing our school district is declining enrollment. That means a loss of state funding. In today's school environment, we have to attract and keep students and maintain a quality education that will make students want to stay in school. The most important goal we have is to improve student achievement and it is a commitment we all must make."

Pettyjohn said his personal strengths and qualities most beneficial as a school board member are: "I do not make snap decisions. I listen to and value input from both sides of an issue. I am responsible to all the people of the district, and take this trust from the community very seriously when serving on the school board. I also know I am simply a citizen until there is a quorum of the board and the meeting is called to order."

Pettyjohn said he is seeking to retain his seat on the board because, "I want to help solve the issues that will come up with the budget cuts projected for the coming year. The best way to ensure a better future is to give students the highest quality education we can. We need to be accountable for our expenditures concentrating on the best teachers, curriculum, and technology available for our students. I want to be a part of the decision-making process as a member of our school board."

Pettyjohn added, "The school district needs your support. It needs your support at the polls with a large voter turnout. I look forward to continuing (to face) the challenges and the opportunity to serve you as a member of the Crawford AuSable School District."

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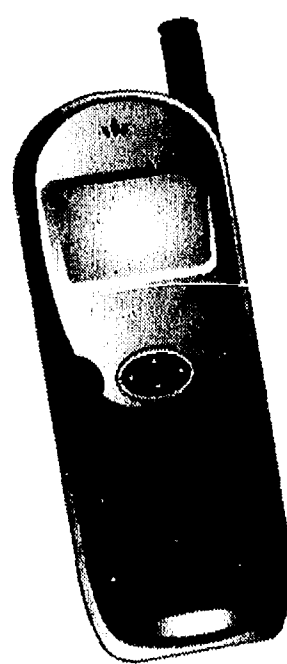
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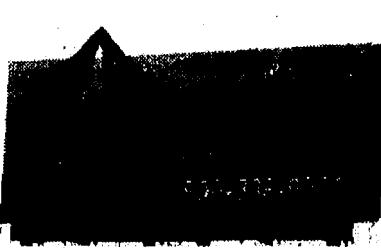
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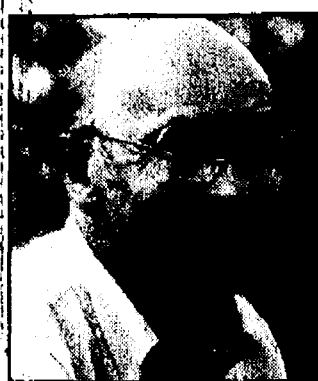
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OPINIONS



ALMANACK

by Richard Milliman

Persian Gulf War II gives emphasis to Memorial Day

"TRAGIC EVENTS America has faced during the past 12 months have added significance to Memorial Day this year."

That's the way I started my Memorial Day Almanack in 2002.

Unfortunately, the lead paragraph applies in 2003, too. More tragic events during the past year have led once more to deeper significance for Memorial Day 2003.

The September 11 terrorism attacks against America brought death to more than 3,000 non-combatants who were specially remembered the last time Memorial Day rolled around.

This year the new honorees -- which is a hollow but appropriate term for those upon whom Memorial Day should focus -- are military men and women, caught up in the war to drive

Saddam Hussein out of Iraq, and bring freedom to the Iraqi people.

Meanwhile the "War on Terrorism" continues, all the while American service men and women continue their duty in harms way in both Iraq and Afghanistan.

* * *

AMERICANS HAVE a way of changing with the times.

That's not all bad -- but maybe it's not all good, either.

The traditional Memorial Day has been moved from May 30 to a nearby Monday, to create an artificial long weekend, which helps twist the original reason for Memorial Day.

The American people seem to like it that way, and it certainly doesn't make a bit of difference to the deceased veterans whom Memorial Day was designed to honor.

Memorial Day, or Decoration Day, is an American invention. It began in the South in the 1860s, when a handful of southern women decorated graves of soldiers killed in the Civil War, both Confederate and Union.

The Grand Army of the Republic (GAR), dedicated to the Union cause, in 1868 selected May 30 for official observance of Memorial Day. Across the South, different states picked different dates for their Memorial Days, with several opting for June 3, the birth date of Jefferson Davis, first president of the Confederacy.

The observance over the years broadened as America's military casualty list has grown to include military dead from the Spanish American War, World War I, World War II, Korea, Vietnam, the First Persian Gulf War,

Somalia, Afghanistan and now the Second Gulf War.

Despite the fact they mostly were civilian and non-armed combatants, casualties of the September 11 blood bath are no less victims of international warfare, and should share Memorial Day honors.

Hopefully the casualty list from warfare of any sort will grow no more, but reality indicates it will.

* * *

AS TIME HAS passed and generations have changed, Memorial Day in America has changed, too.

Many families each May still plant flowers and otherwise spruce up grave sites of veterans and deceased family members.

Members of The American Legion, Disabled American Veterans, VFW, their auxiliaries

or other patriotic groups patrol shopping centers and street corners to sell paper flowers to help pay for programs to help needy veterans.

But to many Americans, Memorial Day has become primarily a long weekend, welcomed as the start of summer.

Until more recent warfares, a special day to honor those who died in service to their country had seemed to lessen in significance.

That attitude may have changed. Our appreciation for the true purpose of Memorial Day may be sharper in 2003 because of awareness that terrorist tragedy could strike unexpected here at home, coupled with a renewed appreciation that events on battlefields far away can and do sadden so many homes and neighborhoods close to us.

Is it too much to hope that one of America's primary goals as a nation in both world and domestic affairs will be to end the spiral of wars and killing that keeps adding more and more American dead to our Memorial Day honorees list?

Cannot America find and pursue other ways ... less deadly ways ... to conduct America's world affairs and still live up to our proper role as world leader?

There's always hope.

(Editor's Note: Some of this column has appeared in previous years, and has been updated to reflect today's situation.)

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

VIEWPOINT

VFW Carl W. Borchers Post and Auxiliary 3736

Remember, liberty is fragile

On May 5, 2003 at noon (in the pouring rain), Veterans of Foreign Wars (VFW) Carl W. Borchers Auxiliary and Post 3736, along with members of the sheriff's office, held a short ceremony at the Eternal Flame in front of the Courthouse to reaffirm Loyalty Day, designated by Congressional Act 85-529 of 1958.

The following is the speech delivered by Marie Scott, President of Carl W. Borchers Auxiliary 3736:

"We gather here today to reaffirm our loyalty to the United States of America, as well as to all its governmental laws, to all Americans and to one another.

"The VFW fight to obtain federal government recognition of May 1st as 'Loyalty Day' began in earnest with the adoption of a resolution at the VFW Golden Jubilee National Convention in Miami in 1949.

"A move to gain official endorsement of Loyalty Day was finally launched in Congress in 1954 with the introduction of a Joint House Resolution by Pennsylvania Representative James F. Van Zandt, three-time Commander in Chief of the VFW. His bill passed the House but not the Senate.

"Undaunted, he reintroduced the measure in 1955, and Congress approved it, but it simply designated May 1, 1955 as Loyalty Day.

"Still not satisfied, the VFW continued to push for a bill that would proclaim May 1st of each year as Loyalty Day. This official recognition was finally achieved with the Congressional

adoption of Public Law 529 in 1958.

"Since its passage, Loyalty Day has been a resounding success. Each year it gains momentum across the land as millions of Americans participate in or witness the observances in every state in the nation and in Japan, Okinawa, Panama, Canal Zone and Puerto Rico.

"As we place this wreath, let us recite the Freedom Pledge and remember that freedom is not free. Freedom is a gift. It was given to us by others at great cost. We need to remember... Liberty is fragile. We need to appreciate the price that was paid for this freedom.

"We must emphasize, today more than ever before in the history of our great nation, the importance of preserving law and order and of the necessity of proclaiming allegiance to America and the Flag.

"We must continue to promote Americanism and patriotism every day in order to preserve our way of life. We must rebond and renew our commitment to keep the memory of the cost of freedom alive."

Community members who attended the ceremony on May 5, recited the following oath:

"I am an American. A free American. Free to speak -- without fear. Free to worship God in my own way. Free to stand for what I think is right. Free to oppose what I believe is wrong. Free to choose those who govern my own country. This heritage of freedom I pledge to uphold. For myself and all mankind."

EDITOR

Instead of writing 'nonsense,' write and thank a soldier

To the editor,

My name is Justin Jay Michal and I am currently in Iraq with the 10th Mountain Division (Light Infantry). After reading a letter to the editor entitled, "America should 'avoid mistakes' with Muslims," (April 10) I got sick to my stomach.

You have no idea what goes on over here on an everyday basis. Your lies about U.S. and coalition forces "killing Iraqi civilians" do not impress me. You have no room to comment; you are not fighting in the war like we are. You get to go home every night to your family because of us.

You stated that Saddam Hussein is a "sideshow," and we should focus our efforts on "the real terrorist" Al Qaeda. What do you know about Al Qaeda? You live in Grayling, Michigan. Do you know the difference between Al Qaeda, the Islamic Jihad, or the everyday peaceful Muslim?

Better question, have you seen someone from the Middle East in person, or are you just one of those people who watch C-Span every night?

Your talks about "terrified Iraqi children and families" just shows everyone reading this that you have no idea what you are talking about. The people of Iraq are grateful to

have us here. I do not see them protesting our involvement on Michigan Avenue like yourself.

To finish, I'll end with a few words of advice that might make your time on this earth a little more peaceful. For starters, do not engage in an activity you know nothing about, and instead of writing the editor letters of nonsense, write letters to soldiers fighting in the war, thanking them for making the United States a safe place to live.

While you're at it, thank them for allowing your grandchildren's children the opportunity to be free. I hope you have learned something from this and do not attempt to reply. Chances are, no one will listen anyway.

PFC Justin J. Michal
Unit 5K
APO AE 09335

and fellow squad members of First Squadron, Second Platoon, Charlie Company, 2-14 INF, 10th Mountain Division (Iraq):

CPL Leon Franklin Myers
SSG Blackman

SGT Benedict Mannara
PFC Garcia (hard at work)

PFC K. Kopp
PFC Caldera

SPC Klinesmith
PVT Burgess

Where, oh where is Smokey Bear?

To the editor,

What has happened to our "Smokey the Bear" Fire Danger sign that used to stand out on the lawn by the Grayling Fire Department? This is at least the third summer that it has not been there.

With the forest conditions being so dry here in Crawford County, and the fire danger seems to go up every weekend, I would think it would be wise to post the fire danger where residents and visitors alike would see it.

Frederic has a Fire Danger sign, as does Mio, and

Roscommon and several other communities. Why hasn't Grayling put ours back up?

With the amount of traffic Grayling gets going through to Traverse City or wherever, in the spring, summer and fall, when the conditions are ripe for forest fires, I would think it very important to alert everyone to these conditions.

Does someone out there know where our Smokey is? What can we do to get him back up for all to see?

We want Smokey back.

Denyce Krolczyk
Grayling

One does not speak for all

To the editor,

First of all let me ask, did I not read in your newspaper last fall that we had seen the last of this bantering back and forth -- pro and con rhetoric concerning the proposed Upper Manistee River Natural River Designation (UMNRD)?

Reading the last issue (May 15), however, here writes James E. Powers, UMRA (Upper Manistee River Association) Board Member, trying to once again paint all who oppose the UMNRD proposal with his fat paintbrush.

He would suggest, no doubt, that we ignore the fact that 16 out of 17 townships along the Manistee River oppose the current proposal. Also, four out of five counties oppose the proposal. Instead, he draws attention to one person's comment at a public hearing.

Need I remind Mr. Powers of a meeting held last August by the

proponents of this action? A meeting where he himself, verbally attacked a woman? When she stated that she was "not in agreement with Mr. Powers spin on the designation," he lashed out at her in front of about 60-plus people and said, "You could have attended more UMRA meetings if you weren't at home having babies."

I don't know what color the sky is in his world; however, I do know that some "diversity training" is in order. In today's society Mr. Powers, you would have been fired for a comment like that or at least severely reprimanded.

I close by saying that Mr. Powers does not speak either for me or any one of the hundreds of opponents to this Natural Rivers designation fiasco.

Gary Christensen
Manistee River Property Owner
Grayling

Letters to the Editor

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views of *The Avalanche*.

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an address and telephone number

must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

CRAWFORD COUNTY
AVALANCHE
P.O. Box 490, Grayling, MI 49738 • 989-348-6811 • FAX 989-348-0500

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Check us out on the Internet at www.townnews.com/avalanche/

AVALANCHE DEADLINES

Community Briefs items submitted to *The Crawford County Avalanche* must be turned in to the office by Monday noon, to appear in that week's issue.

Photographs must be turned in to the office by noon on Friday for consideration in the next issue.

News items and letters should be submitted on 8 1/2-x-11 inch paper, typed, and double-spaced. Handwritten items must also have ample space between each line; on lined paper use every other line.

Classified ads by the word must be turned in by Tuesday noon and have to be paid for in advance or they will not be published.

Classified display ads must be turned in by Monday noon.

Full page, half page, or color display ads must be turned in by Thursday at 5 p.m.

The deadline for all display ads smaller than a half page is Friday at 5 p.m.

BRIEFS

Church plans all-you-can-eat lunch

Michelson Memorial United Methodist Church, located at 400 Michigan Avenue in Grayling, invites everyone to a luncheon of hot and/or cold foods on Thursday, June 5, from 11 a.m. to 1 p.m. Make your own sandwich, etc. Salad and dessert are included. Take-outs will be available. Cost is \$5 per person.

Eagles to install new officers

The Grayling Eagles Aerie and Auxiliary #3465 will hold its Installation of Officers on Saturday, May 31 beginning at 4 p.m. Dinner and dancing to follow. For more information, call 348-5287.

Public invited to dance recital

The public is invited to attend the "Dance Attitude" recital to be held Saturday, May 31 at the Roscommon High School. Admission is \$5 for adults and \$3 for students. Performance begins at 7 p.m. Dance Attitude classes are held at the CRAF Center in Roscommon. For more information or tickets, contact Gaye Pizzi at 348-2473 or Suzanne Luck at 275-4431.

Can drive to benefit GHS Football

A can/bottle drive and hot dog sale to benefit the Grayling High School Football teams will be held at Rochette's IGA in Grayling on Saturday, June 7, from 10 a.m. to 3 p.m. All proceeds go to Grayling High School Football. Bottles and cans may also be dropped off Friday, June 6 at the following businesses: North End Grocery in Frederic; and 7-11 and The Ole Barn in Grayling.

Volunteer gardeners needed

Beyond the Garden Gate Garden Club of Grayling is seeking volunteers to help maintain selected public gardens in Grayling. Volunteers, students and perhaps future members are needed to plant flowers and maintain a garden throughout the summer. This is a good opportunity for a gardeners needing to earn community service hours toward graduation requirements. The Club's next meeting is Thursday, June 5 at 7 p.m., opening up the garden at the Christian Help Center in Grayling. For more information and details regarding items to bring, call Sandy Allman at 348-4405.

Class of 1973 to celebrate 30 years

The Grayling High School Class of 1973 will hold its 30 Year Class Reunion on Saturday, August 16. Reunion coordinators are looking for addresses of classmates. Anyone with information on the whereabouts of members of the Class of 1973 is asked to call Dana at 348-2299 or Lynn at 344-0601 with that information or address.

Air Force Sergeants group to meet

The Air Force Sergeants Association (AFSA) Chapter 772 and A772 will hold their northern yearly meeting at the home of Wayne and Rose Mary Nelson, 500 Ogemaw Street in Grayling, on Saturday, June 7 at 1300 hours. For more information, call 348-2985.

Fish Hatchery opens for the season

The Grayling Fish Hatchery, located on North Down River Road in Grayling Township, will hold its Season Opener on Saturday, May 31 beginning at 10 a.m. Be the first to feed the fish this season. For more information, call the GRA at 348-9266.

NARFE hosts Tricare briefing

A Tricare briefing, sponsored by the National Association of Retired Federal Employees (NARFE) Chapter 2305, will be held Thursday, June 5 at 1300 hours, at Michelson Memorial United Methodist Church, 400 Michigan Avenue in Grayling (use Spruce Street entrance). For more information, call Andrew Ferrigan at 348-5910.

Bicycle Safety Rodeo this Saturday

The 6th annual Bicycle Safety Rodeo, for kids in grades K-5, will be held by the Crawford County Sheriff's Office on Saturday, May 31 in the parking lot of the AuSable Primary School, from 12 noon to 2 p.m. A parent must accompany the participating child. For more information, call Undersheriff Shawn M. Krays at 344-3210 or Tina Bassett at 344-3214.

Redskins early sign-ups May 30

The Grayling Redskins Football League will hold early signups at Redskins Field at the Crawford County Fairgrounds on Friday, May 30, from 7 p.m. to 9 p.m. All interested should attend.

Men's tennis leagues to start in June

Two men's tennis leagues - a singles league and a doubles league - are scheduled to begin this June.

Both leagues will play at the Grayling High School tennis courts.

The singles league will play on Tuesdays from 6 p.m. to 8 p.m. from June 10 to August 12. The doubles league will play on Thursdays from 6 p.m. to 8 p.m.

from June 12 to August 14. Cost to participate in either league is \$35 per player.

For more information on the leagues, contact Joe Mau - GHS tennis coach - at 348-7227.

To sign up, contact Dianne Tobin at the GHS athletic office at 344-3506.

Troop supports troops



The members of Girl Scout Troop 2460 brought in items from home for the shoe box program to show their support for our troops overseas. They also wrote letters to be given to servicemen and women overseas. Troop members are Katlyn Nye, Caitlin Jensen, Shalee Miller, Jordan Stephan, Kristen Todoroff, Tiffany Pittman, Melissa Kocefas, and Kristy Petrosky (not pictured). Troop leaders are Kathy Nye and Cindy Jensen.

Country's #1 piano duo coming to Kirtland

Kirtland Center for the Performing Arts will present Landsberg & Yount, "America's #1 Piano Duo," on Saturday, June 14 for one performance of "Roll Out the Pianos" at 8 p.m.

Landsberg & Yount have emerged as one of the nation's most popular touring pops attractions. Their imaginative arrangements combine elements of popular, jazz, and classical music.

The duo's performances are a dazzling display of keyboard pyrotechnics highlighted by their warmth, amiability and humor.

A former New Yorker, classically trained Norman Landsberg has served as the musical director and pianist for The Pointer Sisters, has performed on numerous network television shows and specials, and is also an accomplished record producer.

Los Angeles native Robert Blue Yount has toured with Liberace and Peter Nero. He has also enjoyed success as an actor, writer, and director with credits including network TV series, Broadway touring companies and national commercials.

"Roll Out the Pianos" features the works of the most popular pianists of the 20th Century. The stunning finale presents a concert "first." The audience will be treated to an amazing three-piano arrangement of Gershwin and Joplin favorites. It features Gershwin and Joplin on the piano - thanks to the technology of a Yamaha Disklavier® using piano rolls actually recorded by Gershwin and Joplin.

Tickets are available by calling the Kirtland Ticket Office at (989) 275-6777 or on the web at: www.kirtland.edu/kepa.

Local winners of AuSable writing contest announced

Seven students from Grayling High School have been named local winners in the fifth annual AuSable River Words the Anglers of the AuSable. The seven students, who earned first, second and third place awards for their school are: Poetry - 1. Jacqueline Rais, 2. Jason Henning, 3. Janelle Gregorich; Fiction - 1. Laura Strohkirsch, 2. Charley McNamara, 3. Monica Safin; Non-fiction - 1. Jason Henning, 2. Monica Safin, 3. Jessica Green.

All seven received certificates for their achievement. As the school's first place winners, Rais, Strohkirsch and Henning have had their names engraved on a plaque for permanent display in the school.

The first and second place winners in each category now advance to the inter-school competition between the four school districts along the AuSable

River: Oscoda High School, Mio-AuSable High School, Roscommon High School and Grayling High School. The top two winners at this inter-school level will win U.S. Savings Bonds.

The writing contest, open to all tenth, eleventh, and twelfth grade students who attend school along the AuSable watershed, encourages students to reflect on the beautiful environs just beyond their backyards.

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You can pick up your physical form at Crawford AuSable Schools Central Office on Michigan Avenue, the high school, or at the Grayling Family Practice Clinic. Form must be completed by a parent/guardian prior to your appointment, all sections except the actual physical examination, which the doctor/nurse practitioner will complete. The cost is \$20.00, due at time of physical. No insurance cards accepted.

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The Bible Speaks

Spiritual Warfare

Last week we looked at the political systems vying for world control. Today we shall look at the spiritual warfare behind the scenes. Warfare between God and Satan began in heaven, not on earth. Rev. 12:7: "And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels." That warfare was extended to earth. Eph. 6:12: "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

God established human government in Genesis 9:5,6 as His second institution on earth following the home. God instituted government by authorizing the use of corporal punishment to restrain evil. Government was divided into nations at the tower of Babel in Genesis 11. Satan's goal since that time has been to restore global government to reverse God's plan. But God still controls the ultimate development of all nations according to Acts 17:26.

An example of the spiritual conflict between nations is found in Dan. 10:13: "But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia." Dan. 10:21 "But I will show thee that which is noted in the scripture of truth: and there is none that holdeth with me in these things, but Michael your prince." The angel Michael is God's spiritual defender of

the nation of Israel.

In 2 Cor. 4:4 Satan is called "the god of this world." Satan as the god of this world even tried to thwart God's plan in the temptation of Jesus in Luke 4:5-8: "And the devil, taking him up into an high mountain, showed unto him all the kingdoms of the world in a moment of time. 6And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it. 7If thou therefore wilt worship me, all shall be thine. 8And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."

In Satan's attempt to restore global government through Babylon, we see God's hand protecting his people in Daniel 3:28. "Then Nebuchadnezzar spake, and said, Blessed be the God of Shadrach, Meshach, and Abednego, who hath sent his angel, and delivered his servants that trusted in him, and have changed the king's word, and yielded their bodies, that they might not serve nor worship any god, except their own God." Also see Dan. 6:22. "2My God hath sent his angel, and hath shut the lions' mouths."

These experiences were used of God to teach Nebuchadnezzar, as the first global leader, a lesson on God's sovereign control of nations. Dan. 4:17: "that the living may know that the most High ruleth in the kingdom of men, and giveth it to whomsoever he will, and setteth up over it the

basest of men." Read also Dan. 4:25,32. God always give us the government we deserve whether those being governed consider it good or bad.

God has honored the pilgrims who signed the Mayflower Compact dedicating this nation to Jesus Christ. God has honored the patriots of the revolution who declared, "We have no king but Jesus!" God is still honoring His Christian remnant. May we also honor those soldiers who have fought and died to preserve our liberties. Pastor "B"

Please pray for God's blessings upon the ministry of this column and our church Website at <http://www.i2k.net/~cba>. We at Calvary Baptist Church invite you to learn more from the Bible about Jesus Christ. Join us in a verse by verse study of the gospel of John each Sunday.

The Bible Speaks is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

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Cardinal solves case at Hartwick Pines

The free, annual Christian comic strip publication, "Cardinal Adventures," celebrates its 13th year of publication with a trip to Hartwick Pines State Park, north of Grayling. There, the strip's hero, The Cardinal, must solve a case involving some strange disappearances and uncover the truth about a mystery dating back to the logging era.

The story was written and drawn by Grayling native, Kurt J. Kolka, who said it's a salute to the Grayling area. "It's a story both locals and tourists will find fun," he said. "Local readers will enjoy seeing the Cardinal walking down the streets of Grayling, as well as in Hartwick Pines."

"Besides the amusing Pines story, tourists will find this edition packed with information about the various attractions to experience in Grayling, both historical and natural."

"When I wrote the story, I drew my ideas both from growing up in Grayling and the three summers I spent working at Hartwick Pines. If you've ever walked through the Pines at night, it tends to be a bit spooky. I always thought it would be a great place for a suspense story."

"There are also some historical elements in the story. We mention the old time loggers of course, because the park revolves around that theme. But, there are events in the story tied to more recent histo-



This year's edition of Cardinal Adventures is based at Hartwick Pines State Park and in the Grayling area.

ry -- the late 1970s -- when I was a teenager."

According to Kolka, the stories blend fun and adventure with a moral message at the end of each issue.

Seventeen churches and Christian businesses have joined the Grayling-based Sunday Comics Ministries, Inc. to produce over 15,000 copies of the free comic tabloid this summer.

The annual non-denominational publication is sponsored by Mount Hope Lutheran Church and Resurrection Life Church in Grayling; Friendship Church and The Word Bookstore in Gaylord; and the Congregational United Church of Christ in Lewiston, among others.

Copies are being placed in businesses across a 16-county area of northern Lower Michigan and the

easter Upper Peninsula.

The Christian comic features three complete comic stories by Kolka, G. Raymond Eddy of Columbus, Ohio, and Erica Well of Nashville, Tennessee. Eddy draws a strip called "Galen" about an angel mouse and Well is cartoonist for the "Miller Sisters," a new strip designed for girl readers.

Copies of the comic are available locally at Stevens Family Circle in Grayling, Northend Grocery in Frederic, The Book Worm in Roscommon, The Word Bookstore in Gaylord, DJ's IGA in Waters, the Congregational Church in Lewiston, and all businesses featuring the red "Weekly Choice" publication racks.

For more information about Sunday Comics Ministries, or "Cardinal Adventures," contact Kolka at (989) 732-4673.

"On Your Mark...Get Set...Go!"

His toe is on the mark...his eye on the goal. In his mind this young athlete has already won the race, for to have a chance at glory, his mind must visualize victory. He sees himself crossing the finish line in first place. Will he be the winner?

Whether or not he wins this race, our athlete is already a



winner, for he is learning how to positively face life's challenges. God's Word says, "Do you not know that in a race all the runners compete, but only one receives the prize? So run that ye may obtain it." [1 Corinthians 9:24] Yes, to be happy and successful in life we must practice living according to the Word of God. We must believe that

when we have faith in God, we will prevail over our challenges and emerge intact.

Won't you worship this Sabbath? When your heart and mind are focused on our Creator, you will emerge victorious. You will be able to say, as did Timothy when his life was near its finish, "I have fought the good fight, I have finished the race, I have kept the faith." [2 Timothy 4:7]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jeremiah 31:1-14	Isaiah 31:1-25	Lamentations 3:1-33	Ezekiel 33:10-20	Ezekiel 34:11-31	Isaiah 14:1-19	Ezekiel 34:1-9

Scriptures Selected by The American Bible Society
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This Church Directory is available to residents and visitors. If you wish to show your support for new churches, please send a note to 348-6711 to be included on this page.

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209 First St. - Suite 103 - Gaylord
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Sunday Service.....10:30 am
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2nd & 4th Wednesday.....7 pm
Sunday School.....10:30 am

Michelson Memorial United Methodist Church

Pastor Jeffrey Jagers
400 Michigan Ave. • 348-2974
Website: www.mmm-umc.org
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Sunday Worship.....8:30 & 11 am
Sunday School-
Sept. - May

Adult Sunday School.....9:45 a.m.
Children's Sunday School.....11 am
(Childcare Available during 11:00 service)
Bible Study (Wed).....10:30 am

Seventh Day Adventist

Pastor Jeff Arthur
Phone 989-275-1061
Services held Saturday at
Camp AuSable off M-72 East
(1st building on right inside camp entrance)

Church Service
Saturday.....9:30 am
Sabbath School
Saturday.....10:30 am
Prayer Meeting
Tuesday.....7 pm

Lovells Chapel

Pastor Rev. Gary Hopp
Sunday School.....10 am
Chapel Service.....11 am
Wednesday
Prayer Meeting.....7-8 pm

Free Methodist

Joseph Carpenter - Pastor
Daniel Baldernann-Associate Pastor
6652 (M-72 W.) • 348-9093
or 348-5362

Early Service.....8:30 am
Sunday School.....10 am
Morning Service.....11 am
Prayer Meeting (Wednesday) 7 pm

Emma Lowery United Church Of Christ

3474 West Park Road, Luzerne
Sunday Worship.....11 am
Adult and Youth
Sunday School.....9:30 am

Heritage Baptist

Pastor Ernie Wagner 348-1411
1841 Hartwick Pines Rd.
1/4 mile west of I-75
Sunday School.....9:45 am
Morning Worship.....11 am
Evening Worship.....6 pm
Wednesday.....7 pm

Grayling Assembly of God

Rev. Ron Voelker, Pastor
701 S. I-75 Business Loop
Church 348-8885
Parsonage 348-2588
Sunday School.....9:30 am
Morning Worship.....10:30 am
Evening Service.....6 pm
Wednesday - Family Night
Adult-Youth-Children.....7 pm

The Church of Christ with the Elijah Message

Pastor Paul Rolfe
7662 Kelly Ave., Frederic
Sunday
Worship.....10 am & 7 pm
Wed. Prayer Service.....7 pm

The Church of Jesus Christ of Latter Day Saints

President David Page
600 North Elm Street, Gaylord
Sacrament.....10 am
Sunday School.....11 am
Primary.....11 am
Priesthood.....12 noon
Relief Society.....12 noon

Burning Bush Tabernacle

Pastor Patricia Petrie, 348-1278
501 E. Michigan Ave., Grayling
Sunday School.....10 am
Sunday Service &
Children's Church.....11 am
Sunday Evening Service.....6 pm
Monday Prayer Meeting.....7 pm
Wednesday Bible Study.....7 pm

St. John Lutheran (ELCA)

Appointed Pastor Victor Slayman
710 Spruce Street
348-5224
Sunday School.....9:15 am
Sunday Worship.....10:30 am

Community of Christ

Pastor Carol Stephan
North Down River Rd. at
1030 Glenn Rd. • P.O. Box 1188
Church School.....9:45 am
Preaching.....11 am
Midweek Service Prayer.....7 pm

Friendship Church

A Christian Reformed Ministry
Rev. Dick Oberg, Pastor
415 Ohio North, Gaylord
Sunday School.....10 am
Morning Worship.....11 am
Tue. Women's Bible Study.....10 am
Wed. Men's Bible Study.....12 noon

St. Mary's Roman Catholic Community

Robert W. Nalley, J.V., Pastor
700-708 Peninsular • 348-7657
Sabbath Eucharist
Saturday Vigil Mass.....6 pm
Sunday Masses.....8:00 am
Family Mass.....10:00 am
Scripture Study
(Sundays).....9:15 am
Daily Masses.....8:30 am
Wednesday & Fridays.....8:30 am

First Baptist Church of Frederic

Pastor Dale Hammond
Sunday School.....9:45 am
Morning Worship.....11 am
Evening Worship.....6 pm
Wed. Prayer & Bible Study.....7 pm

St. Francis Episcopal

M-72 West
Office 348-5850
Sunday Holy
Eucharist.....8:30 & 10:30 am

Resurrection Life Church

Pastor Jimmie McWatters
Grayling Days Inn Conference Room
Sunday Service.....10:30 am
Phone: 231-536-7933, Fax: 231-536-3046
Wednesday.....7 pm
(call or e-mail for directions)
Website: www.rlcnow.com
E-mail: pastorjim@rlcnow.com

Calvary Baptist Church

Dr. Robert Barnett, Pastor
M-72 West
Sunday School.....9:45 am
Morning Worship.....10:30 am
Evening Worship.....6 pm
Mid-Week Services
Wednesday.....7 pm
Prayer & Awana Club (Wed.) 7 pm

Church of Christ

Scott Hoffer, Pastor
Old US-27 at Skyline Rd.
275-8613
In Search of the Lord's Way
Sunday Mornings on
TV 29 & 8.....7:30 am
Sunday Classes.....10 am
Sunday Worship.....11 am
Sunday Evening.....6 pm
1st Sunday Evening of every month
there is no service.
Wednesday
Mid-Week Bible Study.....7 pm

Abundant Life Tabernacle

Pastor Lyle Stinder
211 Shellenbarger St.
348-5325
Sunday School.....10 am
Sunday
Worship.....11 am & 6:00 pm
Wednesday Evening.....7 pm

Grayling Baptist Church

Affiliated with S.B.C.
Pastor Terry Colby
705 Madsen St. • Grayling
348-2557
Sunday School.....9:45 am
Morning Worship.....11 am
Evening Service.....6 pm
Wednesday Service.....7 pm

Bear Lake Christian

M-72 & East Bear Lake Rd.
Sunday School.....9 am
Sunday Service.....10 am

Luzerne Baptist

Pastor James Durfee
2247 Durfee Lane
Sunday School.....10 am
Sunday Morning Worship.....11 am
Sunday Evening Worship.....6 pm
Wednesday Bible Study.....7 pm

Harvest Time Church of God

Pastor Fred Coates
506 North Birch St., Kalkaska
(231) 258-3448
Sunday School.....10 am
Worship Service.....11 am & 6 pm
Family Training Hour and Prayer
Wednesday.....7 pm

Mt. Hope Evangelical Lutheran--Missouri Synod

Pastor - Rev. Steven Thiel
905 N. I-75 Bus. Lp.
348-5921

Wed. Morning Bible Study.....9:30 am
Sunday School.....9:15 am
Sunday Worship.....10:30 am

Unity

Church of Today North
Terry Dickinson, Minister
Forbush Corners, Frederic
Call D. Storing (989) 732-6364
Sunday Services.....9:00 am

St. Martins Ev. Lutheran (Wels)

Herbert R. Filter - Pastor
For information call 275-5443
Services held at the
Roscommon Community Center,
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Sunday Worship.....11:00 am
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Open House and Pig Roast
July 14, 11-5pp

Ervin, Lehman honored for support of Guard

Sergeant Darl D. Large, a member of the MTC, Army National Guard at Camp Grayling and a seven-year employee of Hanson Hills nominated Joe Lehman and Howard Ervin for the Employer Support of the Guard and Reserve Award.

SGT Large noted, "My supervisor, Joe Lehman, was outstanding in his support during my latest call to duty. I was called up to cook in support of troops that were being mobilized for Operation Iraqi Freedom at Camp Grayling."

"My sudden departure from my civilian workplace was an unexpected burden on Lehman who worked long hours for many weeks in my place and trained other employees to free me for military duty."

"Mr. Lehman's selfless sacrifice and many years of enthusiastic support are greatly appreciated."

Of Ervin, Large said, "Mr. Ervin went the extra mile to assist me before a recent call to duty." Ervin is one of Large's civilian supervisors.

"There was a snow storm and I



Colonel Dennis D. Hull, Commander of Camp Grayling Maneuver Training Center was pleased to join SGT Darl D. Large in presenting Howard Ervin and Joe Lehman with Employer Support of the Guard and Reserve Award certificates and pins recognizing their consistent support.

put my car in the ditch, Mr. Ervin pulled me out and he, along with Randy Allison, our company mechanic, repaired two of my three flat tires, and he kindly gave me \$20 toward repairing the

third. "This enabled me to report for duty in a timely manner to cook for those soldiers that were being mobilized for Operation Iraqi Freedom."

"Both Mr. Ervin's and Mr. Lehman's committed support of the Citizen-Soldier in his workplace is greatly appreciated and reflects their patriotic spirit and love of country."

Tours successful at Kirtland's Warbler Festival

ROSCOMMON - A full 30 minutes before the first tour into the jack pine forest for a chance to see one of the world's rarest birds, David and Rich Trissel and Brian Woodward were signing in. It was 6:30 a.m. and they were fired up.

"Where you guys from?" one of the festival organizers asked.

"San Diego, California," one of them said. They were the first of an estimated 2,500 visitors to the 10th Annual Kirtland's Warbler Festival, sponsored by Kirtland Community College.

"We've been following the migration of the warbler on the internet," David Trissel said. "From the looks of it, our chances are pretty good of seeing the bird here today."

The group, which planned birding excursions from the Upper Peninsula to Lake Erie, did not leave disappointed.

On the busiest day yet for festival guided tours, most got off the buses back on campus with smiles on their faces. More than 200 people went out on one of three tours. All of them heard the Kirtland's warbler.

Many of them - including everyone who went on the 7 a.m.



Kirtland's Warbler Festival 2003

tour - got a great sighting of it.

The tours also drew people from Alaska, Oklahoma, Texas, New York, Florida, Georgia, Maryland, Pennsylvania, Illinois, Indiana and Ohio, as well as from across Michigan and its Upper Peninsula.

In fact, attendance was so strong that the festival ran short of food, which had never before happened. But that's just a sign of how it's growing as a major, national birding event, said organizing committee chairman Jim Enger. "I was very pleased at the

increase in attendance - especially from other parts of the country," Enger said. "Kirtland Community College is getting some serious recognition because of this event, not only throughout our district and the state, but across the country."

Local donations not enough to support Red Cross offices

► Gaylord office scheduled to close by June 30; two jobs lost as result

The American Red Cross of Northern Lower Michigan has restructured from a 12-county chapter to a four-county chapter. This change will be phased in during June.

"For disaster relief and armed forces emergency services clients, the change will be transparent," said local Red Cross board chair, Terri Ledwick. "The local volunteers will continue to deliver disaster relief as always. What has changed is where the administration will be handled."

Disaster services paperwork will be processed through the Kalamazoo Red Cross office, which has state-wide responsibility for disaster services.

"Ogemaw and Allegan counties have had Red Cross disaster administration handled through Kalamazoo for over a year, and the process is working smoothly," explained Ledwick. "The armed forces emergency services cases will be handled by our trained volunteers. These cases are handled over the phone, so casework will not be adversely impacted."

"We will still serve and support the military personnel and their families," she assured.

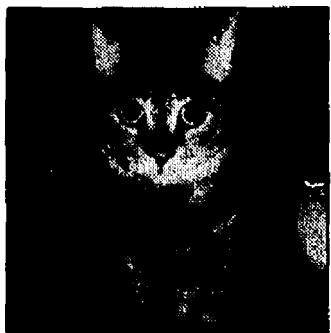
The 12-county chapter was established in 1997 as a way to serve the large rural area. Start-up funds were provided to the local unit, yet donations have not been sufficient to support the programs, offices and paid personnel. This change will allow local funds to be directed to clients in need of Red Cross ser-

vice. Letters outlining the change have been sent to area Red Cross volunteers.

The Alpena and Gaylord Red Cross offices will close by June 30. There are two employees losing their jobs from the office

closures. The Petoskey office will remain, providing service to Antrim, Charlevoix, Cheboygan and Emmet counties.

\$50.00 Reward For Stolen Cat



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Answers to "GIZMO"
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Collar found at Grayling Holiday
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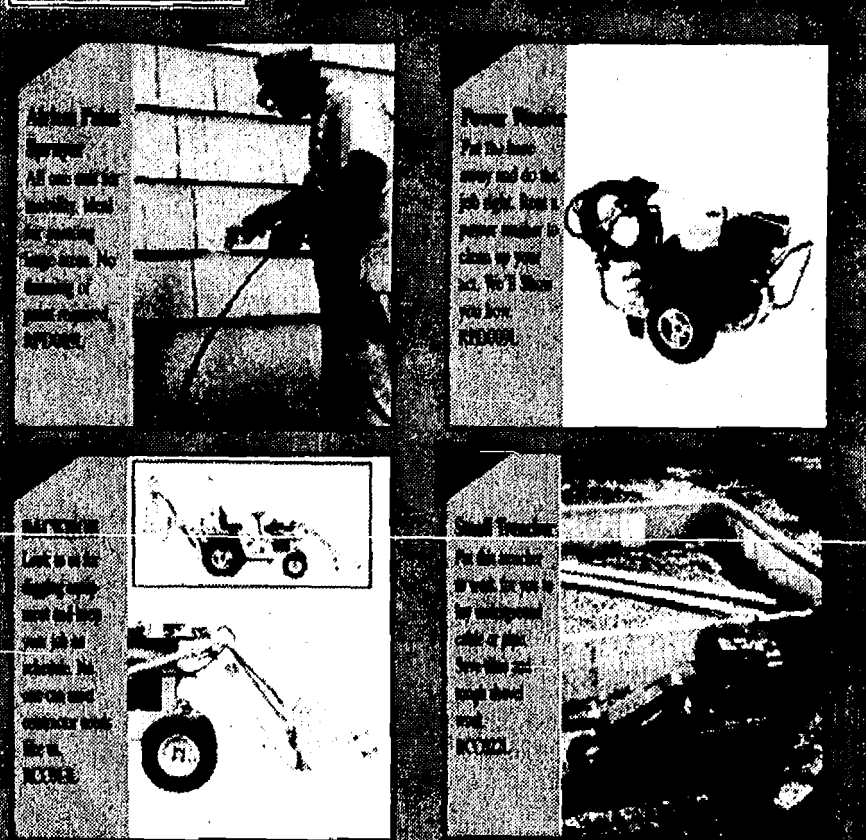


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June 16-18, 2003
Hyatt Orlando

For more information or to request an application: Call 800-TEACH-FL (800-832-2435) or e-mail your request to Diane.Merkel@fldoe.org. Visit our teacher recruitment website at www.teachinflorida.com

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GET YOUR FLOWERS FROM TROOP 979

May 31st thru June 1st Boy Scout Troop 979 will be selling flowers in the Knights of Columbus parking lot

604 Norway Street, Grayling

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Proceeds Go To Community Improvements

SENIOR CITIZEN NEWS

by Nova Anderson

Join us for a meal, either at noon or 5 pm weekdays except Friday, there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for. The Center is located at 308 Lawndale, behind Burger King. Walk-ins are welcome.

May - June:
29 - Spanish Rice/Swiss Steak; Blood Pressures from 11 a.m. to 12 noon; Painting and Crafts at 1 p.m.
30 - Swedish Meatballs/No Dinner; Pantry Bingo at 1 p.m.

2 - Turkey/Pork Steak; Stag Cards at 12 noon; Bridge Club at 1 p.m.; Hangman at 5:30 p.m.
3 - Salisbury Steak/Baked Chicken; Bible Study at 10:30 a.m.; Euchre at 1 p.m.; Cardo at 5:30 p.m.
4 - Porcupine Meatballs Brown Steak; Hearing Clinic, Commodities at 10 a.m.; Exercise and Line Dancing from 10 to 11 a.m.; Stag Cards at 12 noon; Computer Class at 3:30 p.m.
The May 30 fundraiser has been canceled. Join us for Sunday Brunch on June 1. Call 348-7123 for more information.

SHERIFF'S REPORT

Crawford County Sheriff Kirk Wakefield reports his office handled the following 86 complaints the week of May 19-25:

Five traffic accidents, two non-traffic accidents, two traffic violations (civil infractions), one traffic safety public appearance, three accidents - all other, nine civil matter disputes - family trouble, nine suspicious situations, three lost and found property, one missing person, 14 general non-criminal, one structure fire, one delinquent minors, three false alarm activations, one criminal sexual conduct/ sexual

assault, one assault/intimidation/stalking, four burglary/home invasion, two larceny, one larceny - other, three damage to property, two drug/narcotic violations, 11 public peace/disorderly, one operating under the influence of alcohol, three health and safety, one miscellaneous criminal offense, two driving violations/DWLS, etc.

Sheriff Wakefield asks: "Do you know where your children are?"

For more information, log on to: www.crawfordsheriff.org.

CEMETERY MEMORIALS

Jet Black Monument with Etching
36 x 06 x 20 All Polished Die, 48 x 12 x 06 Base
\$1995
(Price includes full scene etch, lettering and delivery to cemetery)

Hand etchings done by local artist Dan Feldhauser
"Best Prices on all granite in Northern Michigan."

St. Helen Monument Sales
2178 Carla Street, St. Helen (989) 389-4921
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Free Delivery to All Michigan Cemeteries - Open All Year

OBITUARIES

Connie Jean (Stever) Klonowski May 14, 2003

Connie Jean Klonowski, 37, of Roscommon formerly of South Branch Township, died Wednesday, May 14.
Funeral services were held on Friday, May 16.
Arrangements by Walsh Funeral Home, Roscommon.

Betty J. Missinne May 29, 1932-May 24, 2003

Betty J. Missinne, 70, of Roscommon (Beaver Creek Township), died Saturday, May 24, 2003.
Funeral services were held on Tuesday, May 27.
Arrangements by Walsh Funeral Home, Roscommon.

Arnold Mauren

Aug. 24, 1914-March 13, 2003
A memorial Mass for Arnold Mauren will be held on Saturday, June 7 at St. Mary's Catholic Church beginning at 11 a.m. Visitation will be on June 7 from 10 to 11 a.m. at St. Mary's Catholic Church, Grayling.

In Memory of

William B. Scheer

Oct 22, 1921-May 26, 1998

It seems impossible that you left this Earth five years ago. We miss your huge bear hugs, your guidance and your unconditional love. Your family misses you and thinks about you every day. Our memory of you will live in us forever.

From your loving family
XO XO XO

In Memory of

Linda Dannenberg

Feb. 22, 1957 - May 28, 2002

MY FRIEND

Someone to talk, to listen to, to laugh with, to cry with, Someone to be there for in good times, and in bad times, always there for each other no matter what.

That was you and I, Linda. I miss you, but you're with God now and in a much better place.
Best Friend,
Maribeth

In Memory of

Shane M. Piehl

March 12, 1990-May 29, 2001

It's been two years, but it seems like a lifetime. We have more questions than answers.

I wish people could have known the son I knew. The son who always said "I love you;" the son that was so tenderhearted.

I wish you could see your daughter now. She's so sweet and beautiful. You would be so proud! She talks about you a lot and misses you, too!

I love you as only a mother can love her child. I miss you terribly....

Love
Mom

Card of Thanks

We would like to thank everyone who donated and attended the benefit dinner. Thank you again. A special thanks to Jill Anderson and Mike and Carmen Phipps.

The family of
James Fear

RANGE FIRING

Range firing scheduled during May 28 - June 3 is as follows:

The Range 40 Air to Ground Complex, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard during the following dates: May 28 - 29; June 3.

Small arms ranges located west of Lake Margrethe, north of Howe Road, east of the gas pipeline and south of Portage Creek: May 28; May 30 - June 1.

Range 20 and 21, Demolition Ranges located south of the main post, north of Carrier Road, east of Range 13 and west of Beaver Creek (Military Road): May 31 - June 2.

Range 17, Hand Grenade Range located south of the main post, north of Carrier Road, east of Range 13 and west of Beaver Creek (Military Road): May 28.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Occasionally, the Post Commander without additional notice to the public may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: 989-348-6371.

For further information call 1-800-628-5820.

MILITARY NEWS

Army Private Justin J. Michal, son of Neal and Joann Michal of Grayling, recently graduated from One Station Unit Training (OSUT) at the U.S. Army Infantry School, Fort Benning, Columbus, Georgia. The training consisted of basic military training and advanced individual training (AIT).

During his basic training, Michal received instruction in drill and ceremonies, military customs and courtesies, map reading, tactics, basic rifle marksmanship, physical fitness, field training, and first aid. He developed combat skills and handled various weapons available to the infantry soldier.

During AIT, Michal received instruction to serve as an infantryman using light and heavy anti-armor weapons, indirect-fire support, and mechanized operations while assigned to a rifle or mortar squad. The training included weapons qualification, tactics, patrolling, navigation, field communications, and combat operations; engagement in infantry combat exercises, battle drills, land mine locating, neutralizing and extracting,



PFC Justin J. Michal

and survival operations during a nuclear, biological or chemical attack.

Since his graduation, Michal has been deployed to Iraq, assigned to the 5th Special Forces.

He participated in the action at Mosul and Tikrit and was awarded the Combat Infantryman Badge.

His unit is now stationed in Baghdad with the mission of seeking out and arresting the leaders of the Ba'ath Party.

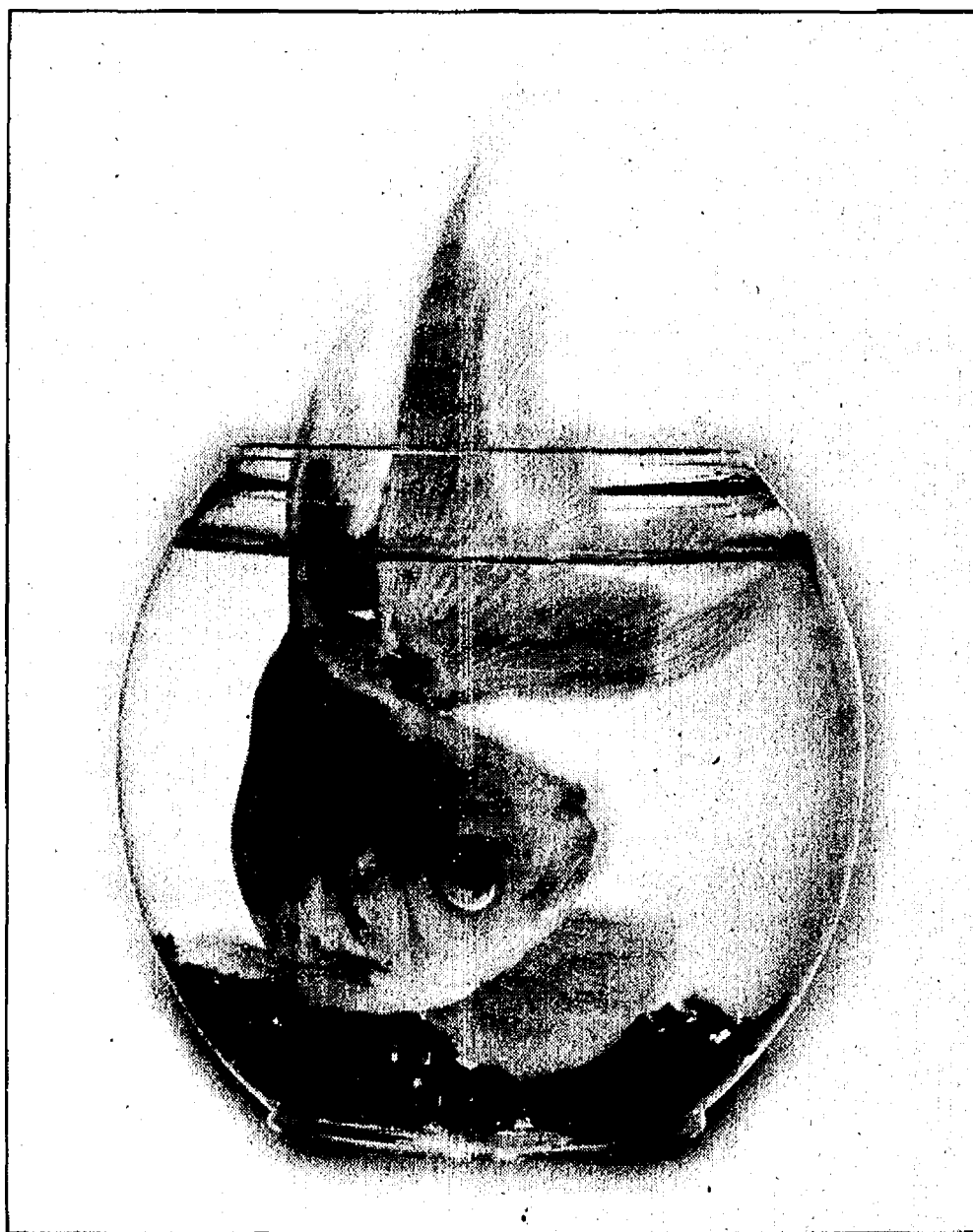
Card of Thanks

We would like to thank our family and friends for the gifts, cards and attending our "surprise" 25th wedding party on Saturday, May 17. A special

thanks to our "sneaky" children, Jeff, Chad, (Teresa), Eric and Tabitha for a wonderful party.

Jack and Sherry Harney

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Junior Deputy Rodeo informs and delights



Fourth graders from Frederic Elementary and Grayling Elementary schools spent the morning of May 23 exploring safety lessons they had only heard about in the classroom. The students visited nine different stations to do some hands-on learning. The stations involved escaping from a building "on fire" (upper left), learning how to avoid bites from strange animals (upper right), the importance of communication and cooperation especially related to drug and alcohol resistance (lower left), and practicing throwing a flotation device to someone in the water (lower right). Other stations included traffic and bike safety, first aid/emergency situations, conservation laws, when to call 911 and McGruff helped students deal with "stranger danger." Robby, the flirty little MMR remote-controlled ambulance, delighted the students by trundling all over the area, winking and blowing his siren.



Grayling Elementary Safety Patrol honored



Grayling Elementary Safety Patrol members (in alphabetical order): Selina Anglemeyer, Allie Barber, Grace Calkins, Michelle Chamblee, Brittany Charles, Molli Coe, Sean Coe, Jennifer Denton, Taylor Doremire, Melissa Eckstorm, Allie Fitzpatrick, Savannah Foguth, Anna Hagerman, Colin Hamlin, Mathew Harland, Danielle Harwood, Makenna Harwood, Mariah Hawkins, Kameron Hobson, Mike Hunter, Morgan Lepsy, Johana McGinnis, Jane Moore, Harley Perkins, Kristi Pfeiffer, Jessica Pickell, Mathew Townsend, Zach Trojanek and Jessica Zarnick. Also pictured are Principal Angie Camp, Deputy Bill Bonkowski and UnderSheriff Shawn Krays.

by Susan Warrington
Staff Writer

The 29 fifth graders who comprise the Grayling Elementary Safety Patrol were honored at a gathering of their peers May 12.

Principal Angie Camp commended the students and said "I have not been prouder of another group of children." She added that they do challenging tasks including keeping the parking lot safe and helping students walk to and from school safely.

Under Sheriff Shawn Krays thanked them for "sacrificing your free time before and after school to make sure your fellow

students are safe." He said the Sheriff's Department appreciated the job they are doing.

Deputy Bill Bonkowski who is in charge of the Safety Patrol program also commended the students on their outstanding job and said they were the leaders of their class. He gave specific recognition to the safety patrollers chosen by their peers as the outstanding safety patroler of the month. He said two students, Jessica Pickell and Melissa Eckstorm, had achieved this honor twice during the

school year, which has never happened before.

The other students also honored as outstanding safety patroler of the month are Grace Calkins, Mike Hunter, and Selina Anglemeyer.

The members of the safety patrol have done such an outstanding job they are being rewarded with a trip to the Great Wolf Lodge in Traverse City in June. The trip is compliments of the Crawford County Deputy Sheriffs Association and Youth Services Division.

HONORS

Kaplan College

Carrie Cadeau, of Grayling, has been named to the Dean's List for the Winter 2003 term at Kaplan College. To attain a place on the Dean's List, students must have at least a 3.4 GPA on a 3.95 scale.



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Wellington Farm Park
Farm Market

Open for the Season

Friday, May 30th

Open: 10 to 6

Fri. • Sat. • & Sun.



Michigan Asparagus.....89¢ lb.

Crisp Head Lettuce.....89¢ each

Vine Ripe Tomatoes.....89¢ lb.

Wellington Farm Park

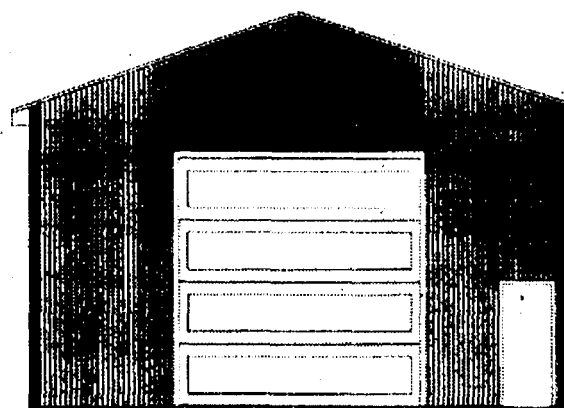
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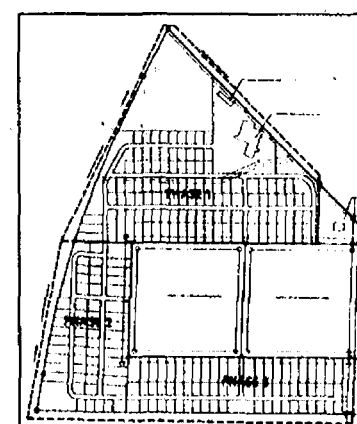


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- Electric
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Now available in the Crawford County Area, your very own storage space. New storage condominium complex located in the Grayling Industrial Park.



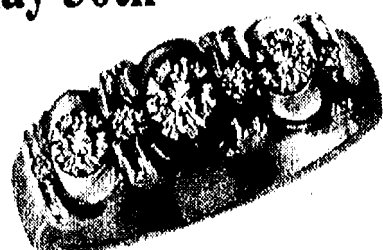
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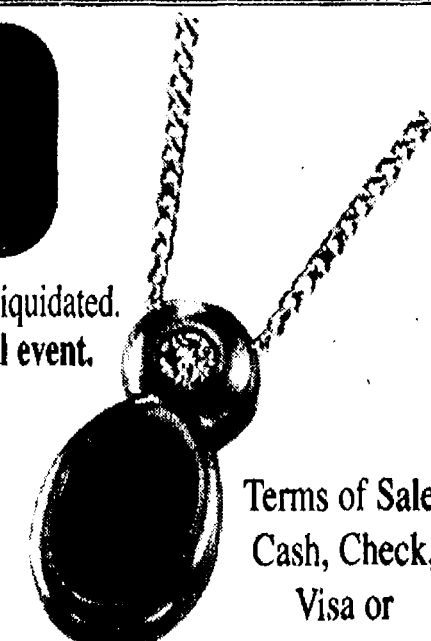
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Cosmetologists donate skills, earn smiles

Make Over Day at Grayling Elementary School was held May 5 with a total of 47 students receiving haircuts and styles from six area cosmetologists. The annual event gives deserving students a "new look" that often includes a beaming smile. Stylists were (standing, left to right) Jo Mayhew, Sonya Bonkowski, Becky Dandy, Judy Long and Wendy Sheldon. Seated: Gail Swope.

Photo courtesy of Grayling Elementary School



MILITARY NEWS

Army National Guard Pvt. Keil E. Clough has graduated from the advanced individual training wheeled vehicle repairer course at Aberdeen Proving Ground, Aberdeen, MD.

The student received training to troubleshoot, repair, replace and adjust all related engine fuel, air and cooling systems, electrical chassis, mechanical and hydraulic components, systems, and assemblies of wheeled vehicles and diesel power plants/packs. Additional instruction included use of publications, tools, and diagnostic equipment used to repair wheeled vehicles.

Keil is the son of Art and Diane Clough of Grayling, and a 2002 graduate of Grayling High School.

KCC, teachers' union reach agreement

Kirtland Community College and its teachers' union have agreed on a new three-year contract that both sides hailed as progressive and economically responsible.

The contract not only resolved what the instructors felt were some significant inequities in the workloads of various faculty, but it also included pay raises as high as 2.5 percent.

"It makes a lot of sense, given the uncertainty we're facing economically," said Richard Silverman, Kirtland's dean of education and instructional services who sat on the management side.

"I think we did the right thing by going three years, also," said Marcell Romancky, mathematics instructor and the president of Kirtland's local of the Michigan Federation of Teachers.

Both union members and the college's board of trustees voted unanimously to ratify the contract.

The contract takes effect on July 1, when the old contract expires.

The pact ended bargaining talks that began last September with five months of problem solving sessions. After two months of preparation, the sides came together for intense bargaining most of March and struck an accord in April.

Both Silverman and Romancky hailed the entire target specific bargaining process as amicable as well as productive.

"We had some interesting times," Romancky said.

"It wasn't always a 'win-win' process all the time. Some issues you win, and some you don't

win," said Silverman, a former instructor who helped hammer out several agreements from the other side of the table during more contentious times between labor and management at Kirtland.

"But there was none of that posturing stuff we had in the old days, where you pretended to be mad even when you weren't just to make it seem like this was a final offer. I hated that."

Both also lauded the work of two intermediaries - Don Powers of the Federal Mediation Service and Joe Crowell of the Michigan Federation of Teachers. And both sides agreed the contract remains a work in progress.

They meet quarterly to discuss any issues that arise from unclear contract language or misunderstanding.

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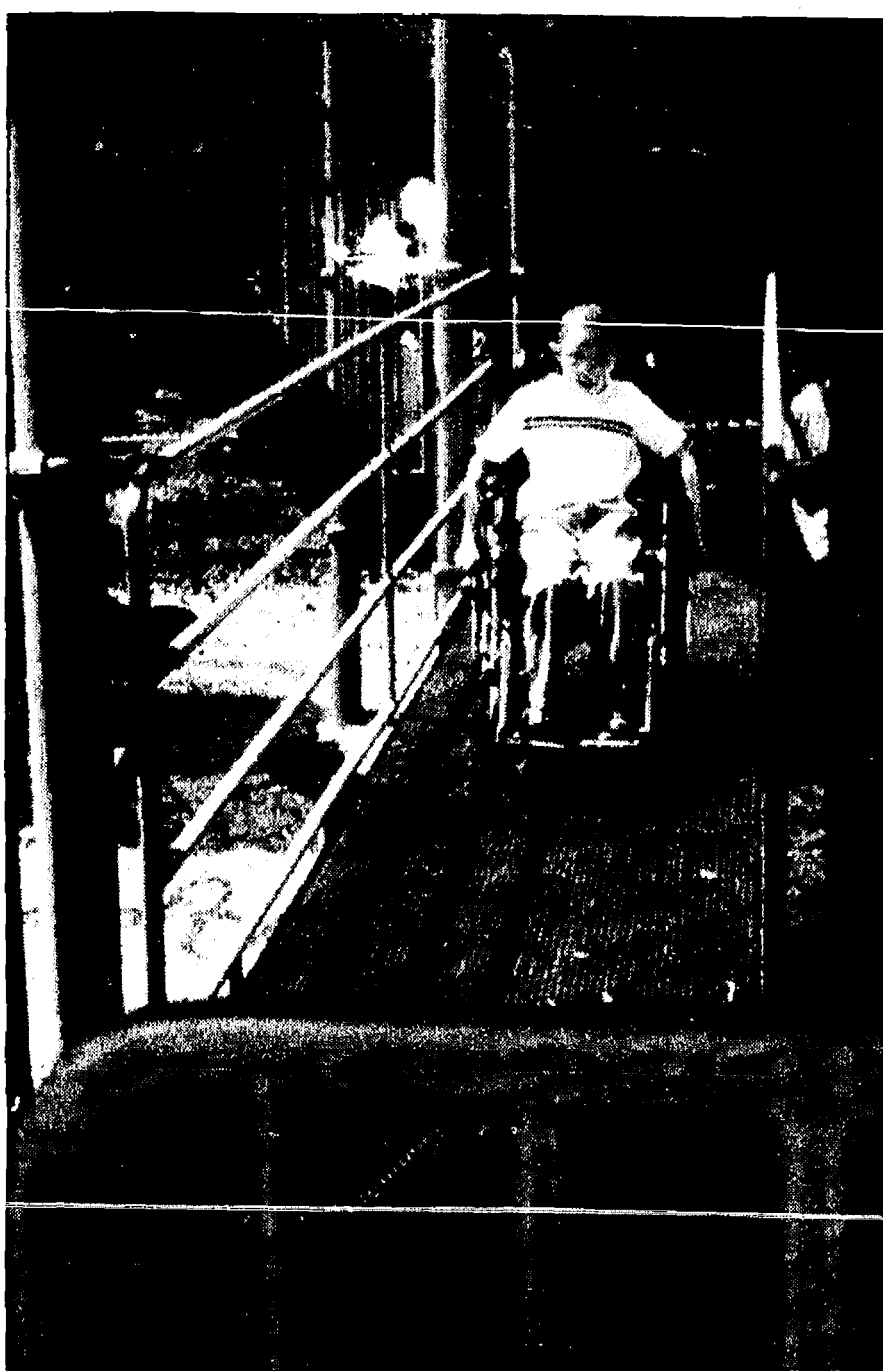
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# Local kids break in new equipment



The community, including all local school children, were invited by Grayling Township Supervisor Terry Wright to help celebrate the grand opening of the Grayling Fish Hatchery Nature Park, now equipped with even more great playground equipment, including some accessible by wheelchair (left).

The celebration took place on the afternoon of May 15, with refreshments for all.

The Nature Park compliments the restoration work ongoing at the old Fish Hatchery, located just across the street from the park on North Down River Road.

Besides more play equipment, the park now has public restrooms. A pavilion will also be constructed at the park this year for the enjoyment of groups, reunions, picnickers, etc.

Photos courtesy of Grayling Township

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## OMH ER nurse receives high honors

Linda Hagland, RN, CEN, Emergency Department Nurse Manager at Otsego Memorial Hospital, has been named Emergency Nurse of the Year by the Michigan chapters of the Emergency Nurses Association (ENA).

The award is presented annually to one Michigan nurse for their outstanding dedication to the emergency nursing profession. Hagland was nominated by the Emergency Department staff at Otsego Memorial Hospital for encouraging staff to excel, expressing appreciation for their efforts, and promoting opportunities for professional growth. She is the first nurse in northern Michigan to receive the honor.

"Every staff member in the Emergency Department signed the letter of nomination we sent to the state ENA," said Elaine Whipp, RN, BSN, CEN, and an active member of the Little Traverse Bay Chapter of the ENA.

"Linda finds many ways to show her staff that she recognizes that skilled emergency nurses are a precious commodity. She respects her staff, encourages their development and supports the values of her profes-



Emergency Nurse of the Year, Linda Hagland, RN, CEN, (center) is pictured with four Registered Nurses from the Otsego Memorial Hospital Emergency Department: Laura Sincok, Elaine Whipp, Gordon Long and Anne Woloson. The Emergency Department nurses nominated Hagland for the annual state award. Hagland is the first representative of northern Michigan to earn the award since its inception in 1981.

sional organization."

"We nominated Linda Hagland, RN, CEN, for Nursing Excellence 2003 because she represents what we as nurses

aspire to do," reads the letter of nomination. "She cares and she makes a difference."

Hagland has been the ED manager at OMH since May 1993.

Hagland is also a member of ENA, maintains her Certified Emergency Nurse licensure, and actively promotes the local ENA chapter.

## Nursing grads surpass state, national rates

Kirtland's renowned nursing program is bursting with pride these days after the posting of the past year's Michigan nursing

licensing examination results.

The national pass rate for the licensing of practical nurses is 87 percent. Throughout Michigan,

it's 96 percent.

The pass rate for Kirtland graduates: 100 percent.

The national pass rate for registered nurses also is 87 percent. Throughout Michigan, it's just 85 percent. The pass rate for Kirtland graduates: 91 percent.

"Congratulations to all of our successful graduates and to our entire faculty who worked so hard to prepare our students," said Karen M. Brown, Kirtland associate dean. "The staff and faculty of the nursing program at Kirtland are proud of its nursing

graduates.

"This year's licensing results represent the first graduates who completed an updated, revised curriculum. We have also recently added a part-time option, with outreach programs in Tawas and Gaylord, as well as a new online RN from LPN program. Our goal is to make sure that quality nursing education accessible for our students throughout northern Michigan."

For more information about Kirtland's nursing program, phone (989) 275-5000, ext. 281.

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## Five generations



Five generations gathered recently for this photo. Seated are great-great grandmother Julie Precord, of Alpena, holding Ethan Dannenberg, and mother Melanie Dannenberg, of Grayling, holding Gavin Dannenberg. Standing are great grandmother Geri Jaracz, of Posen, and grandmother Cheri Green of Grayling. The twin boys were born to Joseph and Melanie Dannenberg on February 25 and 26.

## MILITARY NEWS



Christine Burrell (left) pins the rank of Captain on the collar of her husband, CPT Brian K. Burrell, MIARNG, at a ceremony held April 26. Lt. Col. John Greenwade, of the 764th Maintenance Support Battalion, made the original presentation of the pin. CPT Burrell is now part of the Maintenance Support Operations section of that Battalion, out of Lansing.

## HONORS



Amanda Fortino

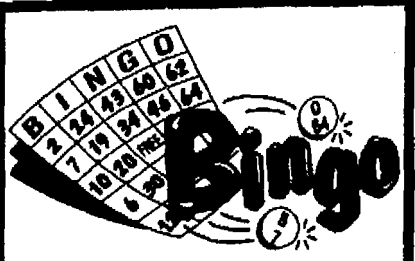
## HONORS

**Western Michigan University**  
Among the 4,570 students who were included on the dean's list for the spring semester of the 2002-03 academic year were:  
Meaghan L. Gosling, of Grayling, who is majoring in psychology. She is the daughter of Charles and Martha Gosling.  
Jeremy Jones, of Grayling, who is majoring in Earth Science. He is the son of John and Cynthia Jones.

**Grand Valley State University**  
Amanda Fortino was accepted into the Padnos International Center to study abroad during the Spring/Summer Semester through Grand Valley State University in Allendale.

She is living and studying in Guadalajara, Mexico and will receive seven credits and a wealth of culture and language experience.

Amanda is the daughter of Mike and Kelly Fortino of Grayling.



**Sunday - 1:30 pm**  
**Grayling Eagles**  
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Grayling

**Thursday - 6:30 pm**  
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Post 106 - Grayling

## KCC theatre arts program continues to grow

Three Theatre Arts students, enrolled at Kirtland Community College, just returned from spending a week at the United States Institute of Theatre Technology conference in Minneapolis, MN.

During the week long conference, the students were given the opportunity to experience hands-on operation of the latest in theatre equipment and technology. They attended new product showcases, met with students from all over the country, talked with the manufacturers of theatrical make-up, lighting, sound and costuming supplies.

The students also attended workshops on how to apply for jobs in the theatre, learned about the many career opportunities available to the recent theatre graduate, and explored other college programs for advanced study beyond their experiences at Kirtland.

Funding of the trip was provided by a grant from the Kirtland Community College Foundation.

"We have a strong Theatre Arts program here at Kirtland," said Gray Carton, Director of the Theatre Arts Department. "Enrollment is up in the Theatre courses at Kirtland. Area residents are discovering the fun that can be had participating in Kirtland Center Players' productions, or by increasing their public speaking and communication skills by taking performance

classes in theatre."

Kirtland Theatre students are beginning to expand their horizons by participating in dinner theatre productions that are being presented in area communities. One of the Theatre Arts Department students has recently been awarded a contract for TV commercial work in the area.

Most of the graduates from Kirtland's Theatre Arts Department are working in theatre or continuing their work towards a four-year degree or a graduate degree.

"The advantage of being involved in a smaller college theatre program is that the classes can be structured toward the individual's needs," explained Carton. "This year, another of the theatre students was given the opportunity to intern with a statewide theatre company doing productions in schools throughout the state of Michigan."

The Theatre Department offers classes in introduction to Theatre, Movement/Voice I, Acting I and II, Directing I, Audition/Resume, Stagecraft, and Directed Studies courses in areas of special interest.

For more information on a degree in theatre or getting involved in productions, call the Theatre Arts Department at (989) 275-5000, ext. 375. All of the theatre classes and auditions are open to everyone from high school students to senior citizens.

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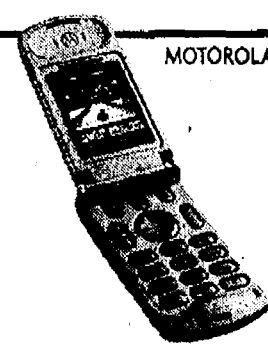
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## 83RD DISTRICT COURT

### Sentencings for April 2003

#### Hon. John G. Hunter

Daniel Alanjohn Zuzga, age 24 of St. Clair Shores - Equipment Violation - Defective/Missing; \$75 fines/costs.

Anthony Hugo Carson, age 40 of Grayling - Assault/Assault and Battery and Careless Driving; \$445 fines/costs or 44 days in jail.

James Michael Forbes, Jr., age 19 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and No Valid License in Possession; \$435 fines/costs or 43 days in jail.

Martin Joseph Jung, age 31 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and Careless Driving; \$345 fines/costs or 34 days in jail.

Eugene William Carman, age 77 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$160 fines/costs.

Beverly Kay Smock, age 49 of Frederic - OUIL/per se; \$1,410 fines/costs or 140 days in jail, 60 days in jail with credit for one day served, placed on 183 days probation.

Cassandra Jane Kneff, age 32 of Grayling - Operate without Security; \$310 fines/costs or 31 days in jail.

Gerald James Wengle, age 62 of Waldron - OUIL/per se; \$960 fines/costs or 96 days in jail.

Robert Eugene Jansma, Jr., age 29 of Grayling - Equipment Violation - Defective/Missing; \$75 fines/costs.

John A. Sauvinsky, age 38 of Rostown - Crawford County Snowmobile Ordinance Violation; \$210 fines/costs.

Norma Lou Hawley, age 42 of Roscommon - Prescription Form Possession - 1 Year 1,000; \$930 fines/costs or 93 days in jail.

Terrance James Dinnen, age 67 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and Failure to Stop After a Collision; \$460 fines/costs or 46 days in jail.

John Paul Conway, age 52 of Cheboygan - Operate Without Security; \$460 fines/costs or 46 days in jail.

Timothy Joseph Martin, age 54 of Frederic - Impaired Driving; \$400 fines/costs or 40 days in jail.

Randy Lee Stinson, age 33 of Frederic - Breaking and Entering Illegally without Owners Permission; \$610 fines/costs or 61 days in jail.

Sandra Lynn Davis, age 35 of Grayling - Three counts of Truancy; \$159 fines/costs or 16

days in jail, and two days in jail. David James Goulette, age 19 of Grayling - Assault/Assault and Battery; \$660 fines/costs or 66 days in jail.

Jason Paul Nowak, age 27 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$360 fines/costs or 36 days in jail.

Lawrence Nelson Baker, Jr., age 21 of Grayling - Attempt to Harbor Juvenile Runaway; \$560 fines/costs or 56 days in jail.

Lisa Anne Miller, age 34 of Roscommon - Impaired driving; \$320 fines/costs or 32 days in jail.

Gordon Alvin Gerth, age 49 of St. Helen - Disturbance of the Peace; \$160 fines/costs.

Wayne Thos Ross, age 56 of Grayling - Impaired driving; \$860 fines/costs or 86 days in jail.

Kandy Lee Webb, age 41 of Frederic - Open Alcohol in Motor Vehicle and Impaired Driving; \$460 fines/costs or 46 days in jail.

Stephen John Dutton, age 24 of Grayling - Disturbance of the Peace; \$160 fines/costs or 16 days in jail.

LuAnn Brehmer, age 32 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$160

fines/costs or 16 days in jail.

#### Hon. Eugene I. Tur

Charles Lyle DeVille, age 27 of Lansing - Impaired Driving; \$810 fines/costs or 81 days in jail.

Christine Ann Dupuie, age 52 of Roscommon - OUIL/per se and Controlled Substance Possession of Marijuana; \$1,760 fines/costs or 176 days in jail, 30 days in jail with credit for 20 days served, placed on 183 days probation.

Ronald Lee Kemper, age 42 of Frederic - Non-Sufficient Funds Check Under \$100; \$210 fines/costs.

#### Hon. Patricia A. Morse

Stephanie Sue Mitchell, age 20 of Frederic - OUIL/per se; \$50 fines/costs and 109 days in jail.

#### Attorney Magistrate Julie Delaney

James Michael Forbes, Jr., age 19 of Grayling - Trespass - Forbid/Refuse to Depart; \$159 fines/costs or 15 days in jail.

Tracy Lynn Crouch, age 34 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$210 fines/costs or 10 days in jail.

#### Hon. Dennis F. Murphy

James William Brackenbury, age 31 of Indian River - Larceny by Conversion Under \$100; \$260 fines/costs and \$775 restitution.

## 46TH CIRCUIT COURT

### Sentencings for April, 2003

#### Hon. Alton T. Davis

William Benjamin Boyd, age 21 of Grayling - Larceny from a Person; 180 days in jail with credit for 124 days served and 56 days held in abeyance; ordered to pay \$91.30 restitution, \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, and \$350 attorney fee; placed on 24 months probation.

Steven Paul Wells, age 44 of Roscommon - Operating - Operate Under the Influence of Liquor/per se Third Offense; 365 days in jail with credit for three served; ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$500 penal fine, and \$350 attorney fee; vehicle immobilized, ordered to perform 60 days community service and placed on probation for 24 months.

Kristy Lee Forquette, age 26 of Roscommon - Controlled Substance Possession - Non-narcotic; Drivers license suspended 180 days, 109 days in jail with credit for 109 days served, ordered to pay \$60 to the Crime Victims' Rights Fund, \$60 DNA assessment fee, \$300 court costs, and \$350 attorney fee; placed on 18 months probation.

Kathy Sue MacKay, age 29 of Grayling - Controlled Substance Possession less than 25 grams; Drivers license suspended 180 days, 132 days in jail with credit for 132 days served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$350 attorney fee and \$150 forensic lab fee; placed on 18 months probation.

Mark Allen Gardiner, age 44 of Roscommon - Probation violation; 365 days in jail with credit for 274 served; ordered to pay \$300 court costs, \$350 attorney fee, \$60 DNA assessment fee,

\$60 to the Crime Victims' Rights Fund, \$1,000 penal fine and \$256.35 restitution; must complete rehabilitative treatment for substance abuse after jail term completed.

#### Hon. Dennis F. Murphy

Roger Bruce Matt, age 36 of Grayling - Count 1 Armed Robbery and Count 2 Felony Firearms; 11 years, three months to 25 years in state prison on Count 1, two years in state prison on Count 2. Count 2 sentence to run consecutive with and preceding Count 1; ordered to pay \$120 to the Crime Victims' Rights Fund and \$60 DNA assessment fee.

Roger Bruce Matt, age 36 of Grayling - Weapons-Firearms-Possess; two to five years in state prison, sentence to run concurrent with previous sentence; ordered to pay \$60 to the Crime Victims' Rights Fund.

Jeremie Steven Ruby, age 27 of Ithaca - Assault a Police Officer and Habitual Offender third conviction; 150 days in jail with credit for 17 days served; ordered to pay \$60 DNA assessment fee and \$60 to the Crime Victims' Rights Fund.

Jeremy Gerard Stout, age 21 of Gaylord - Probation violation; 24 months to 10 years in state prison with credit for 525 days served, to run concurrent with sentence being served out of Charlevoix County; ordered to pay \$1,124 restitution and \$60 to the Crime Victims' Rights Fund.

#### Hon. John G. Hunter

Kenneth Enos Minard Jr., age 36 of Grayling - Financial Transaction Device Retain without Consent; 30 days in jail with credit for one day served; ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$277.50 restitution and \$300 court costs.

Martin Earl Alcorn, age 31 of Marion - Operating - Operate Under the Influence of Liquor/per se Third Offense; Drivers license revoked, 330 days in jail with credit for 53 days served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$500 penal fine, and \$350 attorney fee; placed on 24 months probation, vehicle immobilized, and ordered to perform 60 days community service.

Billy Joe Antcliff, age 27 of Howell - Controlled Substance Possession less than 25 grams; Drivers license suspended 180 days, 90 days in jail with credit for one day served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$150 forensic lab fee, \$300 court costs and \$350 attorney fee; placed on 18 months probation.

#### Hon. Patricia A. Morse

Stephanie Sue Mitchell, age 20 of Frederic - Controlled Substance Delivery (Schedule 1, 2, 3); Drivers license suspended per MCL 257.625 (20) (b); 18 months to seven years in state prison (sentence to run concurrent with Break and Enter with Intent sentence); ordered to pay \$1,390 restitution, \$60 to the Crime Victims' Rights Fund and \$150 forensic lab fee; eligible for SAI and residential substance abuse treatment.

Stephanie Sue Mitchell, age 20 of Frederic - Break and Enter with Intent; 12 months to 10 years in state prison with credit for 109 days served (sentence to run concurrent with Controlled Substance Delivery sentence); ordered to pay \$60 to the Crime Victims' Rights Fund and \$60 DNA assessment fee. Restitution to be ordered in an amount not yet determined.

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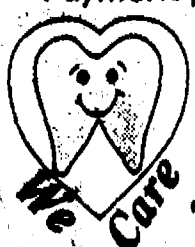
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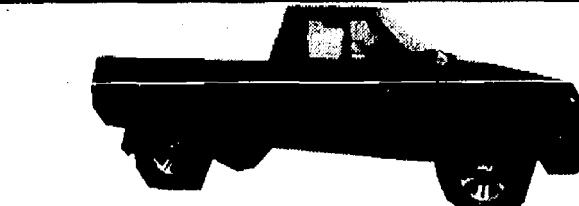
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**New 2003 Ranger Edge- 3.0**  
Liter V6 Auto, Air, ABS Brakes,  
Flareside Box, 6 disc CD,  
Aluminum Wheels, Much More,  
Stock # 8081

LEASE FOR LESS \$174 PER MONTH\*\*



**WAS**  
\$29,200

**NOW**

**\$19,577\***

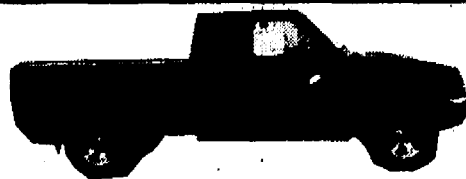
**New 2003 Explorer XLS 4x4 4 Door**  
- Air, Tilt, Cruise, Power Windows &  
Locks, Remote Keyless Entry, Much  
More,  
Stock # 7711

LEASE FOR LESS \$265 PER MONTH\*\*

**WAS**  
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**\$18,641\***



**New 2003 Ranger XLT**  
**Supercab 4x4 - 4 Door, Off**  
Road Package, Much More,  
Stock # 7748

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**WAS**  
\$33,065

**NOW**

**\$23,894\***

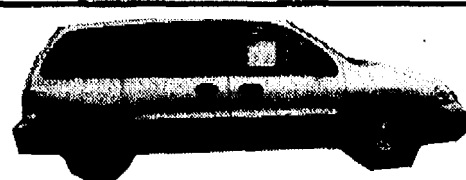
**New 2003 F-150 Super Crew**  
**4x4 XLT - V8, Loaded, 40/60**  
Split Bench Seat, Cab Steps,  
Sliding Rear Window, Lower Two  
Tone Paint, Much More, Stock #  
7872

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**WAS**  
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**New 2003 F150 Supercab 4x4**  
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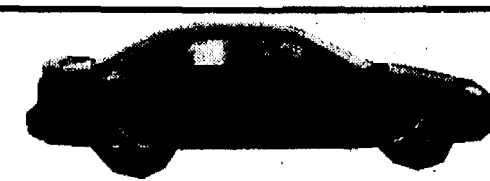
**New 2003 Escape XLS- 3.0 Liter**  
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stock # 7934

LEASE FOR LESS \$235 PER MONTH\*\*

**WAS**  
\$21,215

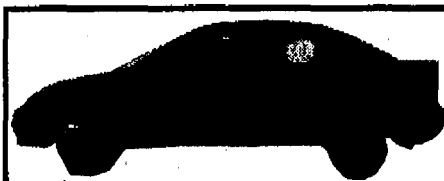
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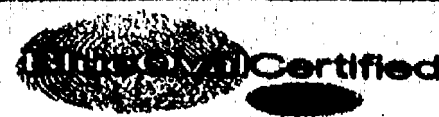
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May 31 SATURDAY

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Softball 2B

## Soccer team ends regular season

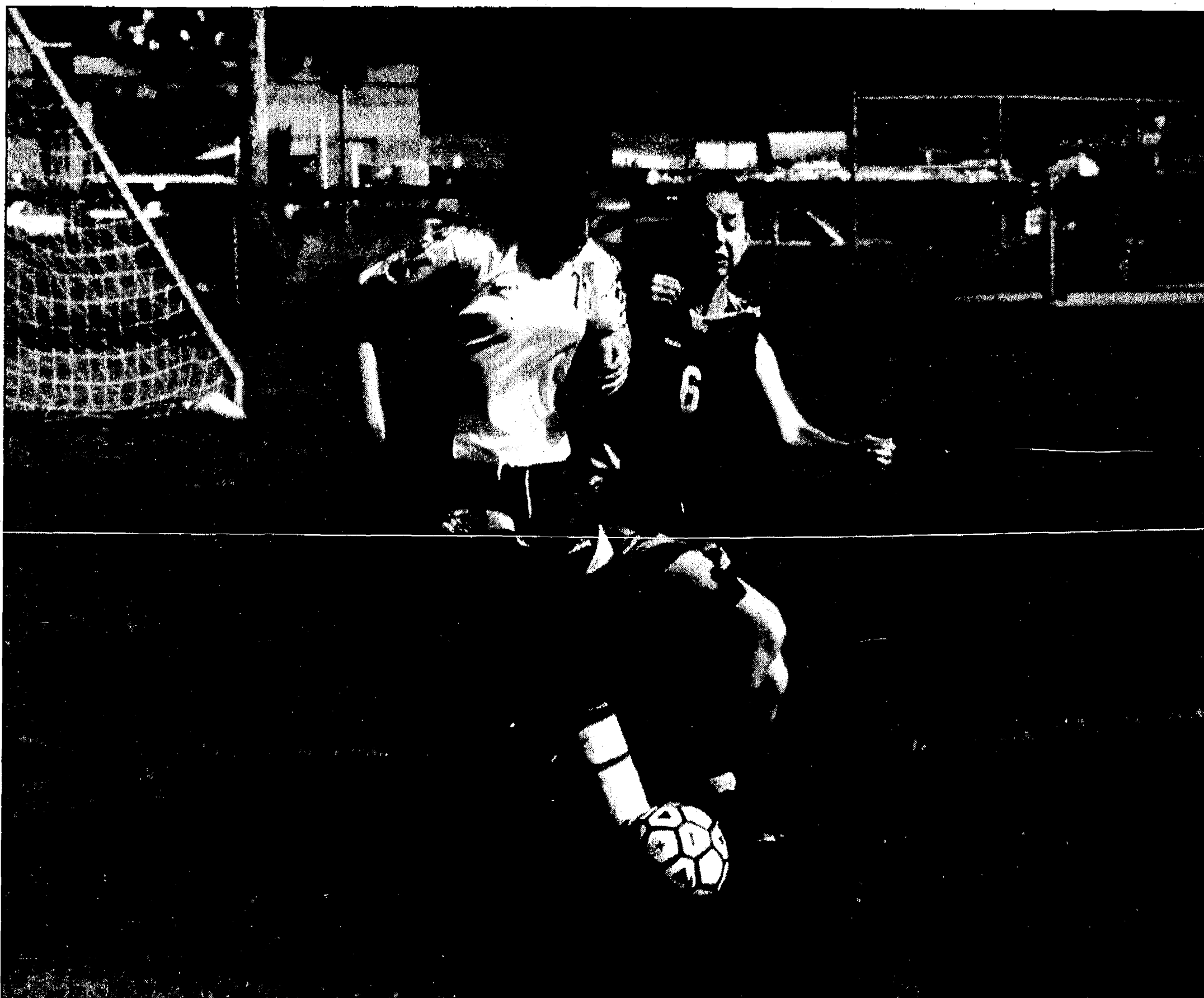


Photo by Caleb Casey

Grayling defender Emily Dunckley battles a Standish player for the ball in last Monday's varsity girls soccer game vs. the Panthers of Standish Sterling Central at GHS. Standish won the game. On Friday, the Vikings finished their 2003 regular season with a match at Bay City John Glenn. For more on the soccer team, see Page 4B.

## Vikings to play in Districts this week

► Soccer team to play on Thursday, baseball & softball play on Saturday

**BASEBALL** – The GHS varsity baseball team drew a "bye" in the first round and will play Houghton Lake in the District semi-finals on Saturday, May 31, at Kalkaska. The game will be played after the 10 a.m. game, which will feature Harrison vs. either Cadillac or Kalkaska.

The District championship game will follow the Grayling vs. Houghton Lake game.

**SOFTBALL** – Grayling High School's varsity softball team will play Houghton Lake in the District semi-finals on Saturday, May 31, at 10 a.m. in Kalkaska. The winner will play against Harrison, Kalkaska, or Cadillac in the District championship game.

**SOCCER** – The Grayling High School girls soccer team will play the winner of the May 27 Houghton Lake vs. Roscommon game on Thursday, May 29, in the District semi-finals. The game will be held at Roscommon or Houghton Lake, depending on which of those two teams advances. A time for the May 29 game was not available in time for inclusion in this article.

The District championship game will be held on Saturday, May 31, at 11 a.m. at Houghton Lake.

## GHS tennis team competes at Regionals

Grayling High School's boys tennis team concluded its 2003 season with Regionals on May 16 at Boyne Mountain.

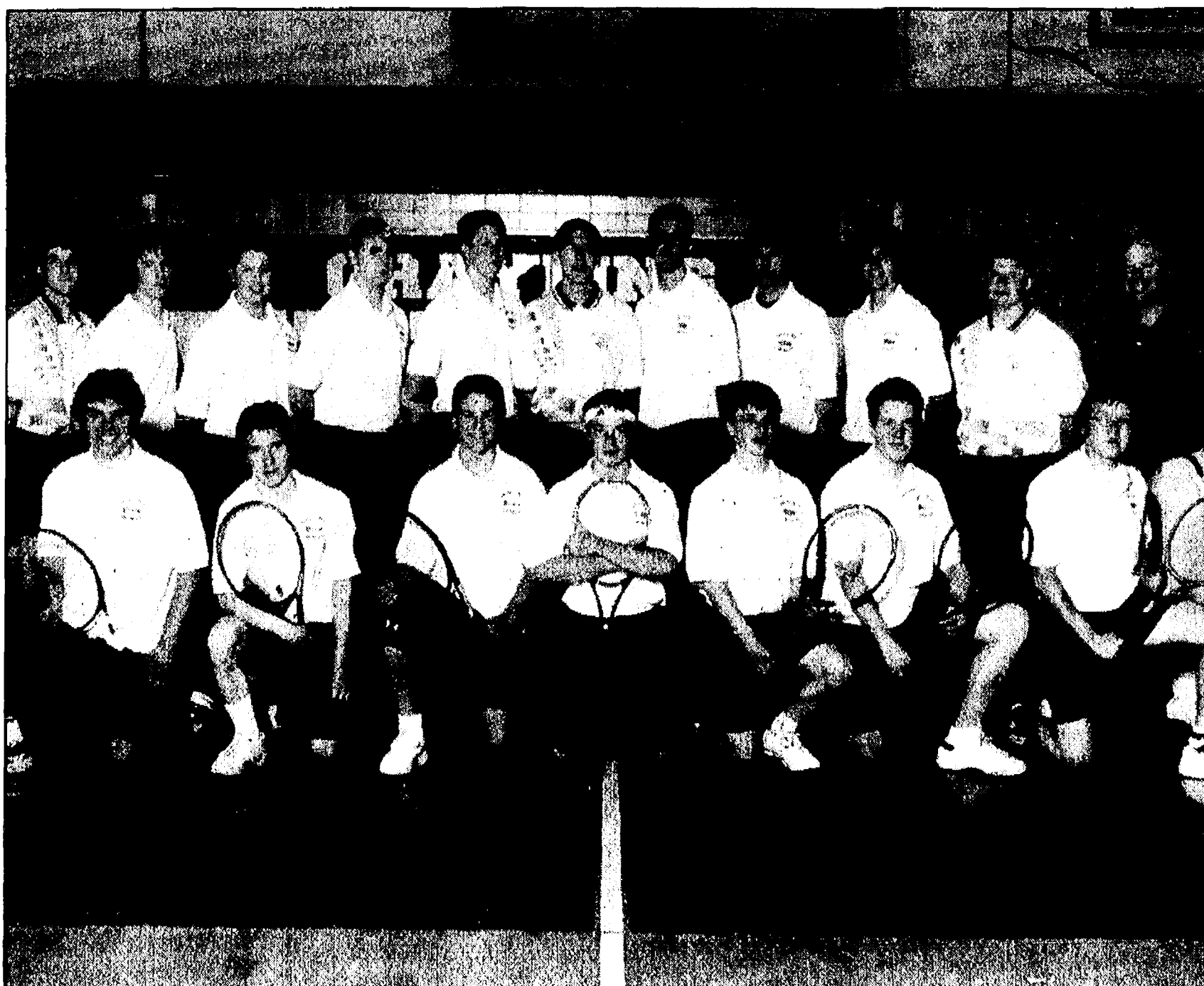
The Vikings posted one vic-

tory at the event: Austin Andrus, at #3 singles, defeated his opponent 6-4, 6-3.

"Last year at Regionals we didn't win a match. This year,

Austin Andrus won his opening round match at #3 singles and earned Grayling a point towards the team score. Although we finished 10th out

of 10 teams at Regionals, the boys played and competed very well," Coach Joe Mau said. "We'll look forward to summer and continue to improve."



The GHS varsity boys tennis team: (front, left to right) Jim Jansen, Nick McNamar, Zeke Hayes, Brady Ward, Austin Andrus, Jason Fekete, Ken Heinlein; (back, left to right) Kip Franklin, Eric Persing, Mike Hoag, Jenson Dreasky, Zach Dean, Jason Henning, Will Brewer, Erik Olson, Todd Gaffke, Robert Feutz, Coach Joe Mau.

## Seven Vikings place in top three at league meet

► Grayling's boys track and field team competes in NEMC meet

The GHS boys track team recently finished its conference schedule with competition in the North East Michigan Conference meet on May 21 at Standish Sterling Central. Grayling finished 5th out of the seven NEMC teams at the event.

Seven Vikings earned all-conference recognition by placing in the top three at the NEMC meet:

- Tim Umlor, 3rd, discus, 128'0". "He held off some of the top throwers," Coach Darnell Wilson said. "He worked hard this year and it paid off for him. I'm proud of him, and I expect bigger things from him next year."

- Ryan Schmidt, 3rd, 300-meter hurdles, 43.72. "A huge step for him," Coach Wilson said. "He ended up beating the kid out at the last hurdle. Ryan showed big improvement from beginning to end this year. I'm proud of him, and I expect bigger things from him, too."

- Tyler Cragg, 3rd, 400-meter dash, 54.48. "He had a strong day," Coach Wilson said. "He has been our workhorse this year. He's been our leader all season long."

- Michael Salyers, Shawn Gabriel, Brent Gabriel, Reagan Schmidt, 3rd, 4X800 relay, 9:20.07.

Ogemaw Heights won the meet with 207 team points.

Tawas placed 2nd with 186; Bay City John Glenn had 102; Pinconning was 4th with 39 points; Grayling finished with 38; Standish Sterling Central scored 30; and Oscoda had 17 team points.

On May 12, the Vikings competed in a four-team meet at Harbor Springs. Grayling placed 4th in team score, but had several athletes that finished on the leader board:

- Pawel Wojcik, 4th, 110-meter hurdles, 19.81;
- T. Cragg, 3rd, 100-meter dash, 11.98;
- Chris Squire, 4th, 300-meter hurdles, 53.19;
- Chris Cragg, 5th, 200-meter dash, 25.08;
- Umlor, 5th, discus, 108'4";
- S. Gabriel, 3rd, high jump, 5'0";
- Ryan Schmidt, 5th (tie), long jump, 17'4".

"All in all, I was very pleased with the team for the whole entire season," Coach Wilson said. "A lot of guys made new personal bests. That's what I like to see: improvement and consistency. We have a lot of work to do, but we were consistent."

"We have a young team with a lot of sophomores. We have potential. We have some new additions coming next year (from the middle school)," Coach Wilson said. "We have guys – like Tim Umlor, Tyler Cragg, and Ryan Schmidt – that should be able to place in the state in the future."

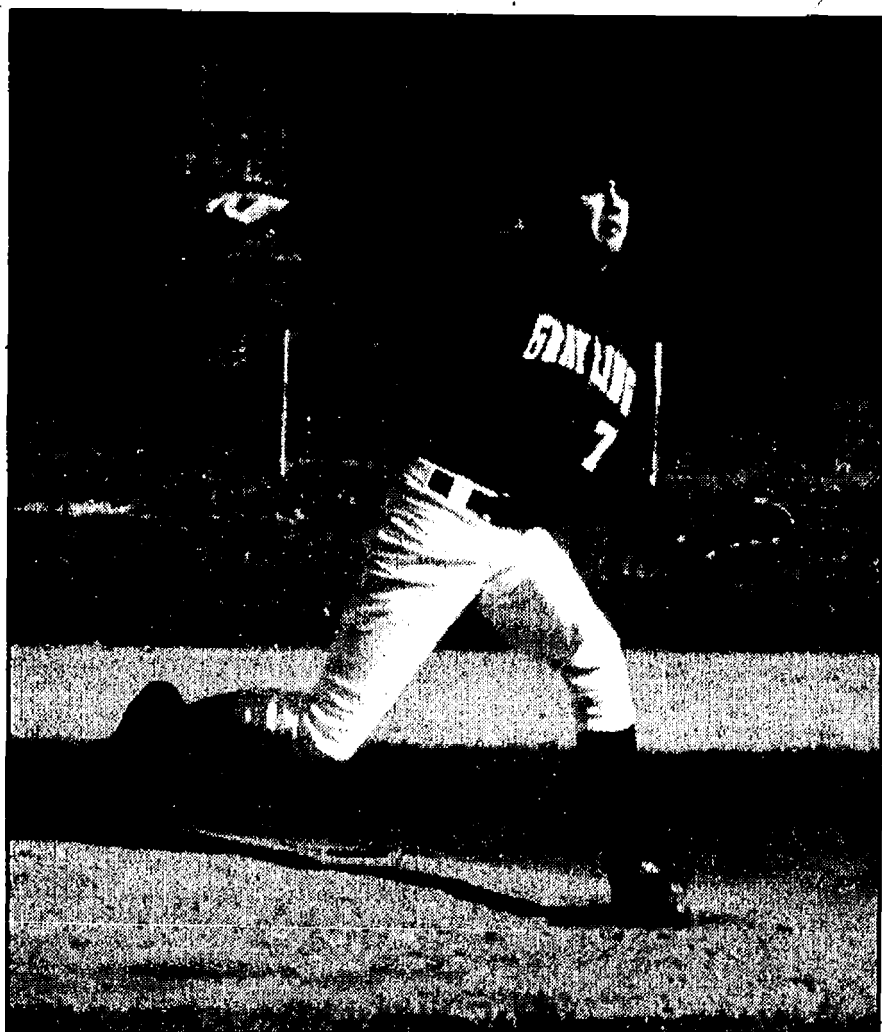
"I can't wait for the next season," Wilson said. "I'm proud of my guys."







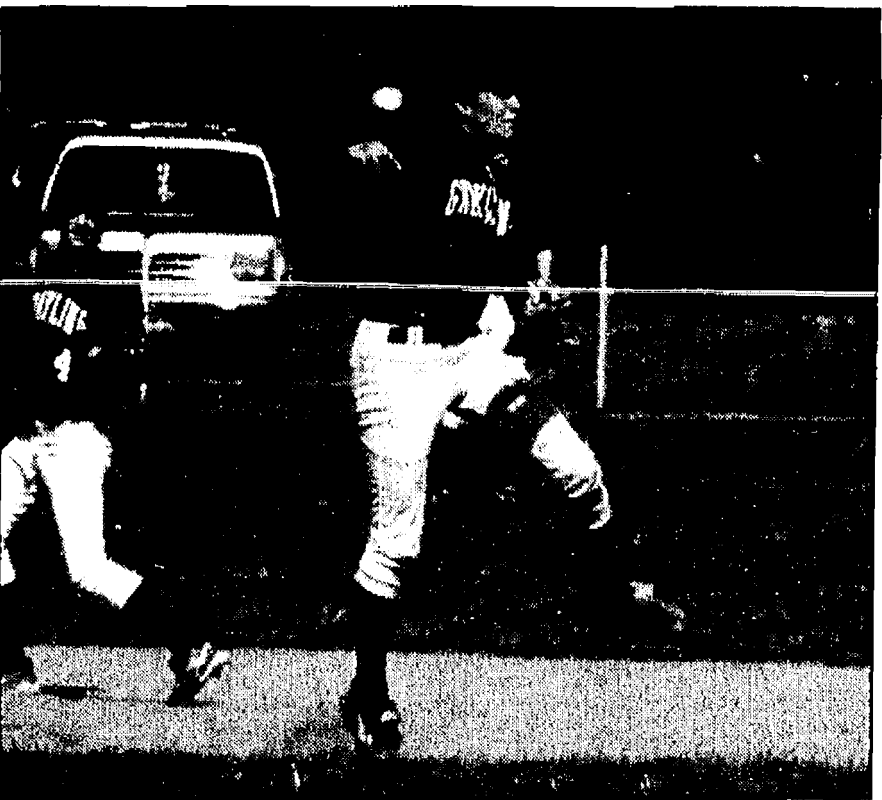
# Vikings lose two to Falcons



Joe Lange throws a pitch in game one of the Grayling vs. Ogemaw Heights varsity boys baseball game last Tuesday.



Lee Schreiber rounds third base for Grayling in the series vs. West Branch.



Shortstop Adam Kaiser throws to first base after fielding a grounder.

## GRAYLING COUNTRY CLUB NEWS

### Wednesday Ladies Golf League

by Donna Thomson  
Wednesday Ladies League

On Wednesday, May 21, the Ladies League had a beautiful, bright sunny day, but very cold. It warmed up a little bit, but we are really ready for warmer and warmer weather.

Our play for today's "fun day" was a three-man scramble. The team of Treva McClanahan, Joan Phillips, and Dorothy Walker took 1st place with a 37.

In 2nd place with a 40 was the team of Sharon France, Mo McNamara, and Donna Thomson.

For 3rd, it was a three-way tie between the teams of Marilyn Hartman, Joann Michal, and Shirley Parker; Diana Doremire, Sally McNamara, and Nancy Hoffman; and Jeanette Kitchen, Ann Latusek, Beverly McNamara, and Katy McNamara.

We had three chip-ins today: Marilyn Hartman on #16, Mo McNamara on #16, and Balkis Shippy on #17.

A nice lunch of bean soup, half a club sandwich, and strawberry shortcake was enjoyed by all.

Shirley Bendig passed out our play books for league play. This

is a very big job and requires lots of mixing and matching to get us all playing our proper opponents in each flight. This task has been done - for as many years as I can remember - by Jeanne Thompson, who is not able to play with us this year. She is missed very much. On a high note, Jeanne was able to join us for lunch today and we all wish her the best.

President Mo McNamara announced that on June 18 at 1:30 p.m., we will be given a "short game" lesson" by golf pro Bruce Fossum. We hope that as many people as possible are available to stay and take advantage of this wonderful opportunity to either change our bad habits or improve our good ones.

Well folks, I hope everybody had a safe, enjoyable holiday weekend and that our temps will start rising real soon so more people can get out and enjoy our beautiful golf course.

Donna Grass, our course superintendent, and her team of hard workers have done a wonderful job of beautifying and maintaining our fairways and greens.

That's all "fore" now.

The GHS varsity boys baseball team lost both games of a doubleheader vs. West Branch Ogemaw Heights by scores of 16-2, 5-4 in Grayling last week.

In game one, leading hitters for Grayling were Andy Strohpaul, Gibson Tobin, Adam Kaiser, and Ryan Davis, all of whom batted 1 for 2 in the contest.

In the second game of the

series, leading hitters for GHS were: Joe Lange, 1 for 2 (HR), 2 RBI; Greg Morrill, 2 for 4; Davis, 2 for 3.

On Saturday, May 31, the Vikings play Houghton Lake at Kalkaska in a District Tournament semi-final game at 12 noon. If the Vikings win, they will play Harrison, Cadillac, or Kalkaska for the District championship.



Photos by Caleb Casey

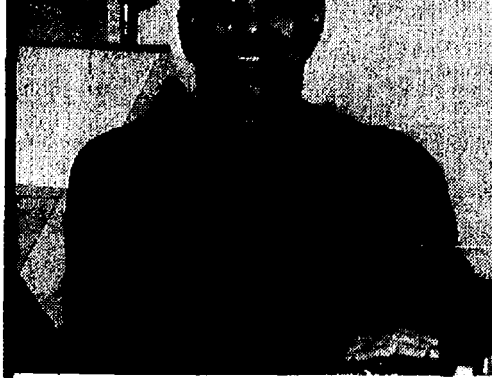
Ryan Davis pitches for Grayling against West Branch Ogemaw Heights last week.



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**Carnival Rides**

**Arts & Craft Show**  
Sat 10-6, Sun 9-4

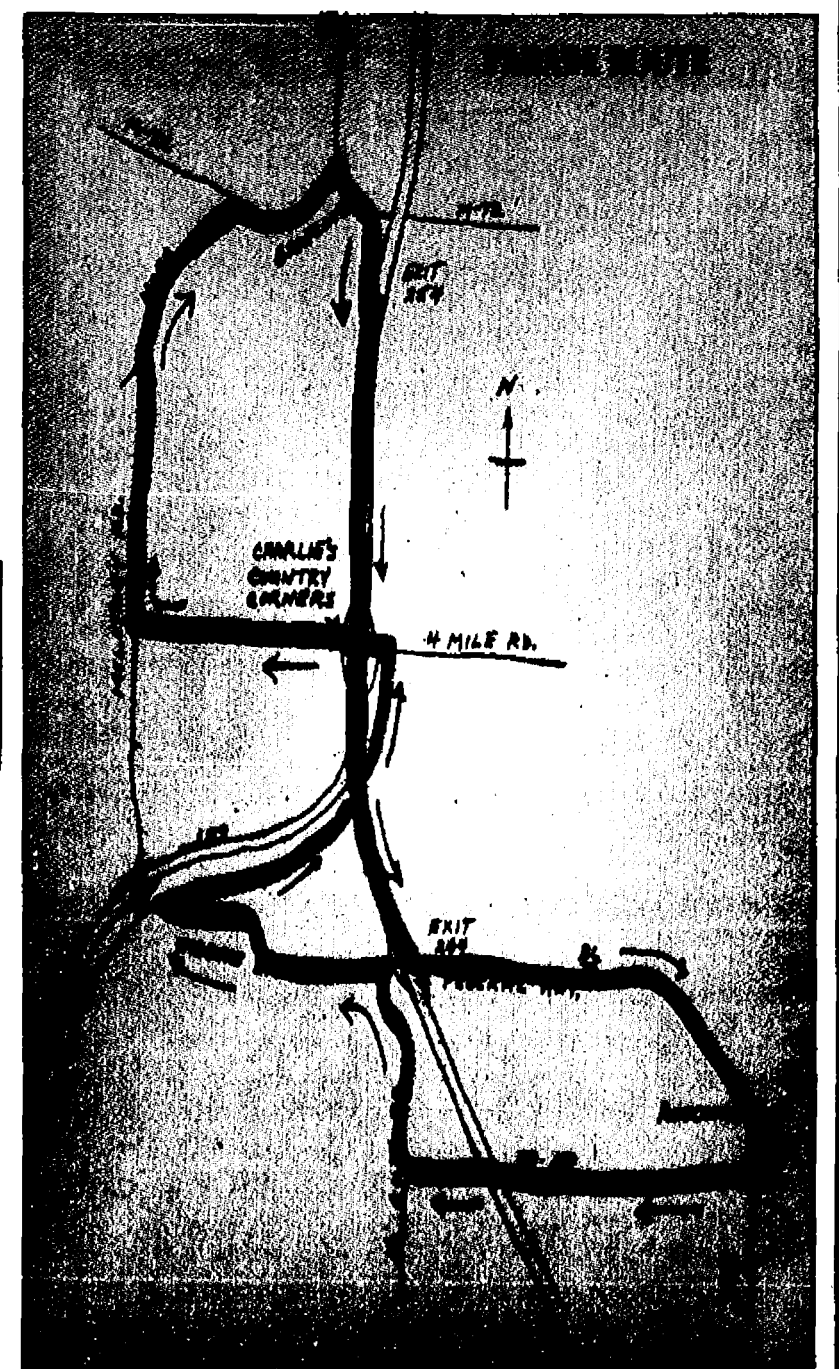
**Silent Auction**  
Sat 10 am to 4 pm  
To Benefit Crawford County Community Christian HELP Center

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Sat NOON to 6 pm


**"Parade of Lights"**  
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Kaye Loughton @  
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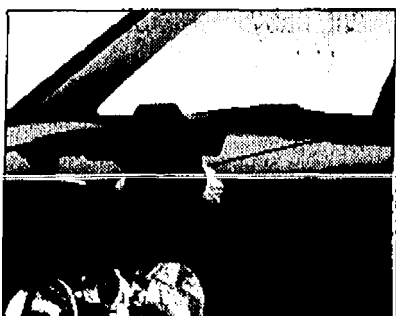
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Photos by Caleb Casey

Goalie Ashley Bancroft makes a save for Grayling in last Monday's varsity girls soccer match vs. the Panthers of Standish Sterling Central.

## Soccer team falls to SSC, Bay City

► Vikings to play at Roscommon or Houghton Lake for District game

The Grayling High School varsity girls soccer team finished its 2003 regular season with conference games against Standish Sterling Central and Bay City John Glenn last week.

On Monday, the Vikings fell to Standish Sterling Central 6-0 at

GHS.

"Standish played well with a versatile team," Coach John Haven said.

Grayling goalkeeper Ashley Bancroft had 34 saves in the contest. On offense, Jill Seager had five shots on goal for the Vikings.

The match was Senior Night and Parents Night for Grayling. For three Viking seniors – Bancroft, Monica Safin, and Michele Belcher – it was their last home soccer game at GHS. At halftime, parents of the play-

ers were honored.

On Wednesday, the Vikings lost to Bay City John Glenn 6-0 at Bay City in the team's final regular season match of 2003.

Bancroft had 21 saves in the game.

"John Glenn has several players that are fast and difficult to defend. This was one of the most physical games we played. I'm proud of these girls for hanging in there and working for the ball," Coach Haven said. "They have continued to play aggressively and energized throughout


their games. I am very proud of them."

The Vikings will play the winner of Roscommon vs. Houghton Lake (at whichever school wins) on Thursday, May 29, in the District semi-finals. (GHS drew a first-round "bye.") Game time had not been determined as of last Friday.

If the Vikings win on Thursday, they play Suttons Bay or Cheboygan at 11 a.m. in the District championship game on Saturday, May 31, at Houghton Lake.

**Days Inn**

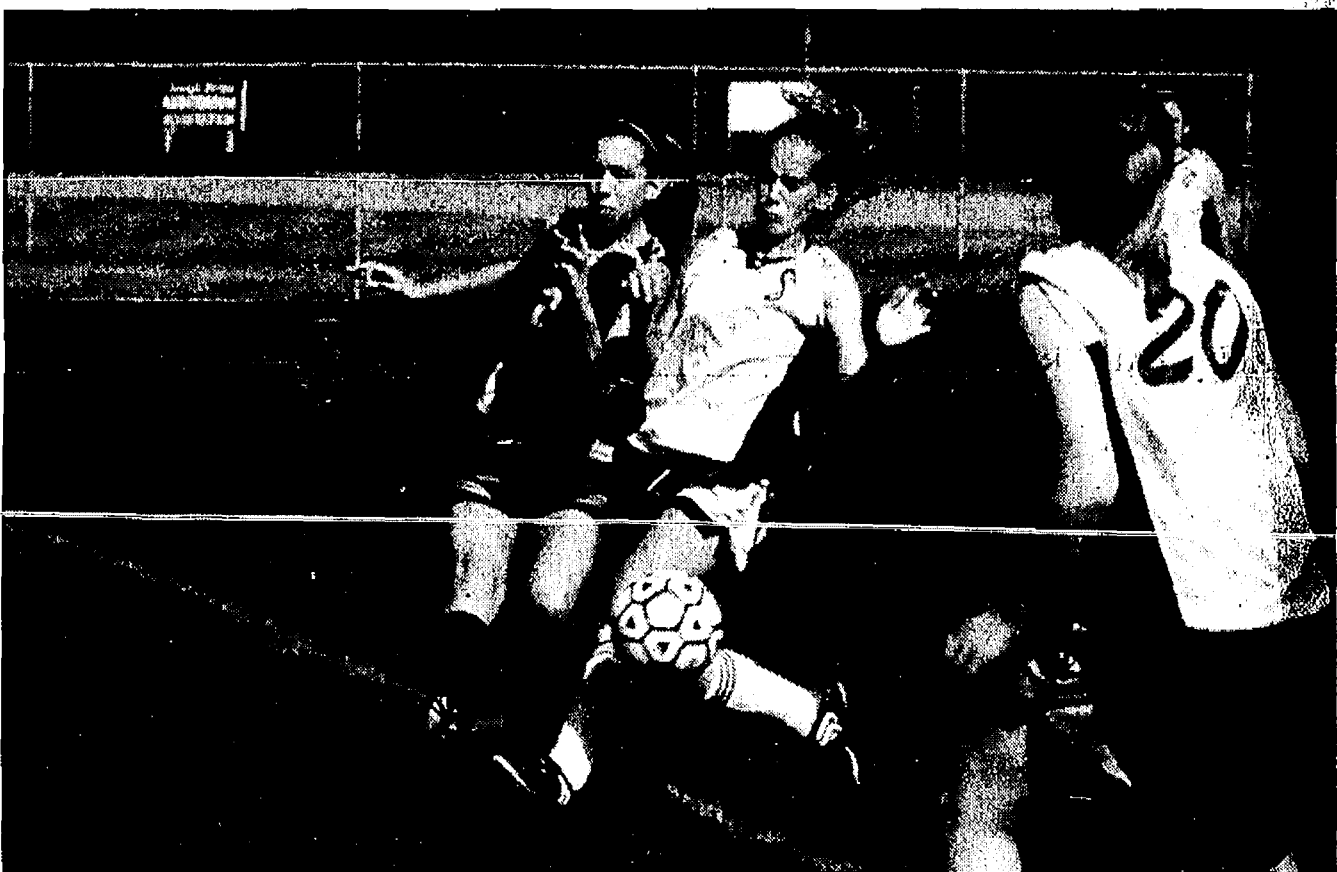
**Viking of the Week**



Varsity Girls Soccer  
Coach: John Haven

**EMILY DUNCKLEY**

As a defensive back, Emily plays the strong side with speed and toughness that makes it hard for opposing players to get by.



Casey Mahaffy fights for a ball in the game against Standish on Monday.



Emily Dunckley tries to keep a ball in bounds in Monday night's contest.



Megan Fekete takes a throw-in for Grayling in the game vs. SSC.

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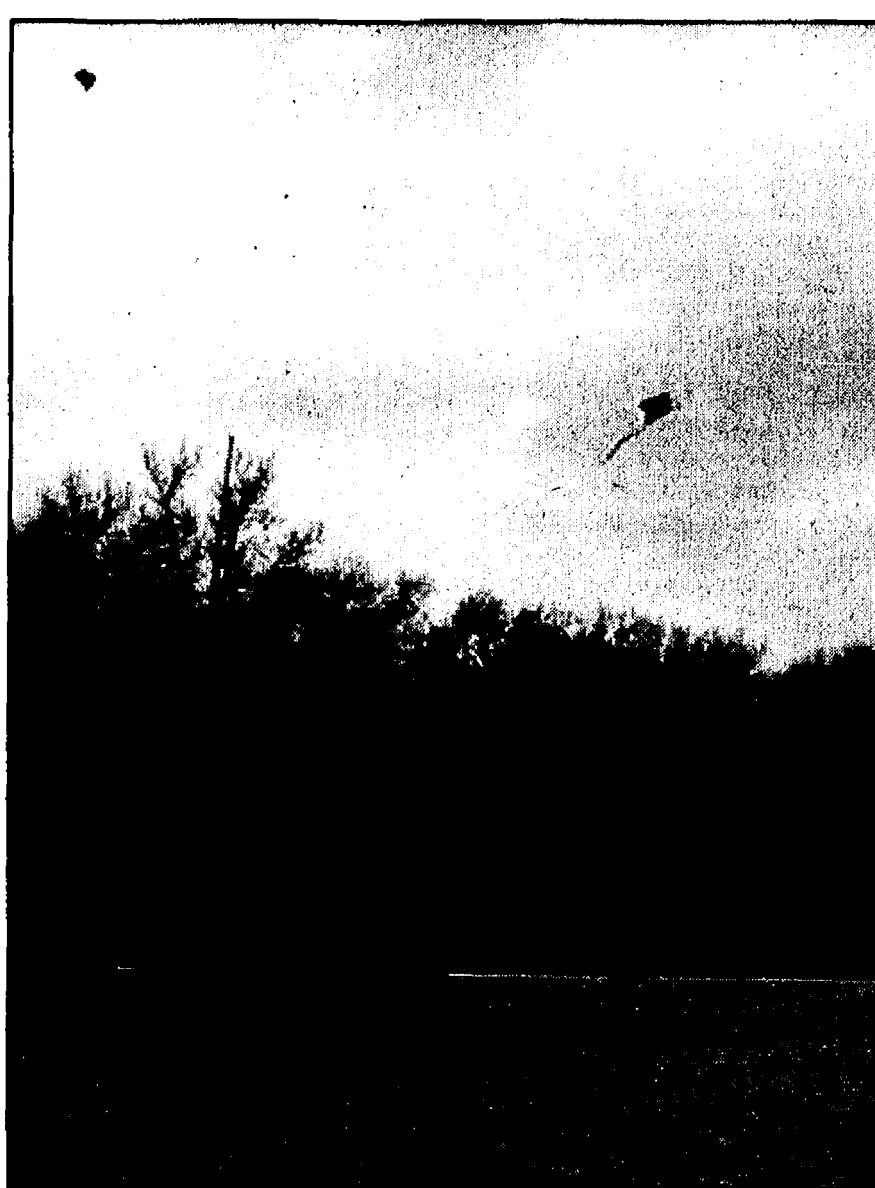
# Kite Day held at Hanson Hills



Participants, parents, and volunteers carefully construct kites at Grayling Recreation Authority's Kite Day on May 17 at Hanson Hills. Free kites were given to more than 50 participants and cookies and juice were provided by volunteers.



Kite Day volunteer Liz Anderson prepares a kite for take-off.



Regardless of poor wind conditions, Kite Day participants succeed in getting their kites soaring.

## Basketball camp slated for June 23-25

The Glen Donahue Basketball Camp - a camp for boys entering grades 3-10 - will be held at the Grayling Middle School on June 23-25.

The camp will be directed by Glen Donahue, head basketball coach at Kirtland Community College, and Rich Moffit, head coach at Grayling High School. Donahue and Moffit will be assisted by KCC basketball players.

The camp will be divided into two groups: grades 7-10 and grades 3-6.

On each day of the camp, the 7-10 group will go from 9 a.m. to 12 noon. The 3-6 group will have the floor from 12:30 p.m. to 3:30 p.m.

Cost to participate in the camp is \$25. Checks should be made payable to G. Donahue.

To sign up for the camp, fill out the attached application and return it to Grayling Middle School, Grayling High School, Grayling Elementary School, Roscommon Middle School, Roscommon High School, or mail the form to: Coach Donahue, Kirtland Community College, 10775 N. St. Helen Road, Roscommon, MI 48653.

### GLEN DONAHUE BASKETBALL CAMP JUNE 23<sup>RD</sup>-25<sup>TH</sup>

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

PHONE#: HOME \_\_\_\_\_ WORK: \_\_\_\_\_

NAME: FATHER: \_\_\_\_\_ MOTHER: \_\_\_\_\_

T-SHIRT SIZE: S M L XL [ADULT SIZES]

The undersigned agrees to hold harmless, indemnify, & pay any attorney fees of the employees of the Donahue Basketball Camp, CASD, & the state of Michigan, its servants, agents, & employees from any claims or demands that I may have of whatever kind & nature arising out of activities at or use of the premises controlled by the above mentioned. In the event of an emergency, I give permission for my son to be placed under the care of a qualified doctor or nurse.

SIGNATURE OF PARENT: \_\_\_\_\_ DATE: \_\_\_\_\_

In an emergency, please contact: \_\_\_\_\_ PHONE: \_\_\_\_\_

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## LEGAL ACTION

### STATE OF MICHIGAN DISTRICT COURT CRAWFORD COUNTY FAILURE TO APPEAR

200 WEST MICHIGAN AVENUE  
GRAYLING, MICHIGAN 49738  
Case No. 03-1619-SC-1  
Value Corral-Plaintiff  
2370 S. Otsego Ave  
Gaylord, MI 49735  
989-732-3498

vs  
Kimberley Ann Sitarski-Defendant

You are being sued.  
Appearance date: 6-9-03  
Appearance time: 8:30 am  
Place: District Courtroom  
200 W. Michigan Ave  
Grayling, MI 49738  
989-344-3800

Failure to appear by defendant in the civil case may result in a default judgment being entered.  
If you intend to employ a lawyer s/he should be notified of the date at once.

-22-29-5

### STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 03-6592DE  
Estate of Clarence Joseph Sampler,  
Deceased, Date of birth: 04/28/18

NOTICE TO CREDITORS:  
The decedent, Clarence Joseph Sampler, who lived at 310 Golfview Drive, Grayling, Michigan, 49738 died January 25, 2003.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Barbara Swope, named personal representative or proposed personal representative, or to both the probate court at 200

W. Michigan Ave. Grayling, MI 49738 and the named/proposed personal representative within 4 months after the date of publication of this notice.

Kyle T. Legel P59523  
2373 S. I-75 Business Loop  
P.O. Box 665  
Grayling, MI 49738  
(989) 348-5232  
Barbara Swope  
14950 Wampers Lake Road  
Brooklyn, MI 49230  
(517) 592-5321

-22-29-5

### STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD CIRCUIT COURT FAMILY DIVISION PUBLICATION OF NOTICE OF HEARING

File No. 03-6633-NC  
In the matter of Domenico Charles Demoines.

Notice: A hearing will be held on Wednesday, June 11, 2003 at 11:30 a.m. in the courtroom, Grayling, Michigan before Judge John G. Hunter to hear a petition to change name from Domenico Charles Demoines to Domenico Charles Galvani.

Date: May 23, 2003  
Liberty Jane Galvani  
810 Plum Street  
Grayling, MI 49738  
989-344-9008

NOTICE BY PERSONS CLAIMING TITLE UNDER TAX DEED: To the Owner or Owners of any and all interests in, or Liens upon, the Lands herein described, and to Thelma S. Cochran and to her unknown Husband, owners of last recorded title according to the Crawford

County records, and to William D. Perry, Karen E. Perry, Marry Perry and their Unknown Spouses claiming ownership interest according to Crawford County records, and to their unknown heirs, devisees, legatees, and assigns, including those who are legally incompetent to act in their own behalf.

TAKE NOTICE: Sale was lawfully made of the following described land for unpaid taxes on that land, and that the undersigned has title to the land under tax deed issued for the land. You are entitled to a reconveyance of this land within 6 months after return of service of this notice, upon payment to the treasurer of the county in which the land is situated, of all sums paid for the tax sale purchase, together with 50 percent in addition, and the fees of the sheriff for the service or cost of publication of this notice. The service or publication costs shall be the same as if for personal service of a summons upon commencement of an Action, without other additional cost of charge. If payment as described in this notice is not made, the undersigned will institute Proceedings for possession of the land.

DESCRIPTION OF PROPERTY: State of Michigan, County of Crawford, Township of Maple Forest, Town 28 North Range 3 West, Section 16, Parcel C: Comm at N 1/4 cor of Sec 16, th N 89deg 38min W 814.46 ft. to POB, the S 0deg 18min E 671 ft. th N 89deg 38min W 165 ft. th N 0deg 19min west 671 ft. th S 89deg 38min East 165 ft. to POB. 2.54 acres 100% Parcel Number: 20-020-016-005-070-00 100%

DEED NUMBER: 516  
TAX FOR YEAR: 1996  
AMOUNT PAID: \$136.47  
AMOUNT NECESSARY TO REDEEM: \$204.71 (plus sheriff fees)  
(signed) Farm and Forest Enterprises

DBA of Collin K Burnett, P. O. Box 784, Saline, MI 48176

-15-22-29-5

### TO THE OWNER OR OWNERS OF ANY AND ALL INTERESTS IN, OR LIENS UPON THE LANDS HEREIN DESCRIBED:

Take notice, sale was lawfully made of the following described land for unpaid taxes on that land, and that the undersigned has title to the land under tax deed or deeds issued for the land. You are entitled to reconveyance of this land within 6 months after return of service of this notice, upon payment to the treasurer of the county in which the land is situated, of all sums paid for the tax sale purchase, together with 50% in addition, and the fees of the Sheriff for the service and cost of publication of this notice. The service and publication costs shall be the same as if for personal service of a summons upon commencement of an action. If payment as described in this notice is not made, the undersigned will institute proceedings for possession of the land.

DESCRIPTION OF THE LAND: State of Michigan, County of Crawford, Parcel I Part of the S 1/2 of the NE 1/4 of Sec 28 T25N R2W South Branch Twp, Comm at the E 1/4 cor of said Sec 28 th N 89d 18m W along the E & W 1/4 line 1646 ft to the pob th cont N 89d 18m W 329.20 ft th N 0d 04m 07s E 1329.24 ft to the N 1/8 line th S 89d 21m 20s E along the N 1/8 line 328.92 ft th S 0d 03m 26s W 1329.56 ft to the pob containing 10.04 ac. Also subject to & use of 66 ft rd & utility easement as recorded in L170 P120 & 121. Amount paid: 1995 taxes \$234.15, 1996 taxes \$242.33.

Amount necessary to redeem \$714.72 plus the fee of the sheriff, and the cost of

### Michigan Antique & Collectible Festivals

Midland Michigan Fairgrounds (US-10 at Eastman Ave.)

Antique Show Sale,  
Collectibles Market  
Folk Art & Unique Crafts  
Coins, Cards, Comics  
Special Interest Auto Show  
Sales Lot & Parts Swap Meet

\$5.00 each  
Under 11--Free!  
No Pets!

1000 Dealers  
Gates Open:  
8 am both days

**HELD RAIN OR SHINE**

989-687-9001 (7 pm - 9 pm) www.miantiquefestival.com

### CRAWFORD COUNTY TRANSPORTATION AUTHORITY

**WEEKDAY SCHEDULED SERVICES TO:**

**FREDERIC & MAPLE FOREST**

|                       |            |
|-----------------------|------------|
| Leaves Grayling ..... | 5:45 a.m.  |
| Leaves Grayling ..... | 6:45 a.m.  |
| Leaves Grayling ..... | 9:00 a.m.  |
| Leaves Grayling ..... | 11:30 a.m. |
| Leaves Grayling ..... | 3:30 p.m.  |
| Leaves Grayling ..... | 5:00 p.m.  |

**LOVELLS**

|                       |            |
|-----------------------|------------|
| Leaves Grayling ..... | 9:00 a.m.  |
| Leaves Grayling ..... | 11:30 a.m. |
| Leaves Grayling ..... | 3:30 p.m.  |
| Leaves Grayling ..... | 5:00 p.m.  |

**M-72 EAST**

|                       |            |
|-----------------------|------------|
| Leaves Grayling ..... | 6:00 a.m.  |
| Leaves Grayling ..... | 7:00 a.m.  |
| Leaves Grayling ..... | 9:00 a.m.  |
| Leaves Grayling ..... | 11:30 a.m. |
| Leaves Grayling ..... | 1:30 p.m.  |
| Leaves Grayling ..... | 3:30 p.m.  |
| Leaves Grayling ..... | 5:00 p.m.  |

**M-72 WEST**

Demand Response Service  
Calls Worked in Between Other Runs

**BEAVER CREEK & ROSCOMMON**

|                       |            |
|-----------------------|------------|
| Leaves Grayling ..... | 7:30 a.m.  |
| Leaves Grayling ..... | 11:00 a.m. |
| Leaves Grayling ..... | 1:00 p.m.* |
| Leaves Grayling ..... | 2:15 p.m.  |
| Leaves Grayling ..... | 4:30 p.m.  |

\*The 1:00 p.m. south run does not go all the way into Roscommon.

To Request Weekday Demand Response Services  
Call Dispatch @ 348-5409.

**TRANSPORTATION SERVICES FOR  
CHILDREN LESS THAN 10 YEARS OLD**

1. Children less than 4 years of age must be accompanied by a parent, babysitter or other responsible person when riding on a CCTA vehicle.
2. Children, less than 6 years of age, are to be retained on the bus at the point of destination until a responsible adult, or prequalified babysitter walks to the bus and assists the child in exiting the vehicle.
3. A complete copy of related program policies will be provided upon request.

**NON EMERGENCY MEDICAL TRANSPORTATION SERVICE**  
Transportation dependent individuals requiring services to health care facilities providing specialized medical services not available locally may qualify for nonemergency medical transportation services.  
For information regarding this program contact:  
Dave Frederick @ 348-8215

## Beaver Creek Township Notice Of Budget Public Hearing For General & Special Funds

The Beaver Creek Township Board will hold a public hearing on the proposed Township budget of fiscal year 2003-2004 at the Beaver Creek Township Hall, 8888 South Grayling Road, Grayling, MI 49738, on Monday, June 9, 2003, at 7:30 p.m., during the regular Board Meeting.

**The Property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.**

A copy of the budget is available for public inspection at the Beaver Creek Township Hall.

This notice is posted in compliance with P.A. 267 of 1976, as amended, MCLA 41.72a (2)(3) and the Americans with Disabilities Act. The Beaver Creek Township Board will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting upon 10 days notice to the Township Board. Individuals with disabilities should contact the Board by writing or calling Sharon K. Hartman, Clerk, at the Township Hall (989) 275-8878.

A copy of the notice is on file in the office of the Clerk.

SHARON K. HARTMAN, CLERK



# LEGAL ACTION

## Mortgage Sale

Robert A. Tremain & Associates, P.C. is a debt collector and we are attempting to collect a debt and any information obtained will be used for that purpose.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Michael L. Cannoy, a married man and Tammy L. Cannoy, a married woman to Ameriquist Mortgage Company, Mortgagee, dated March 20, 2002, and recorded on July 2, 2002, in Liber 587, on page 26 Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of fifty seven thousand four

hundred sixty and 50/100 Dollars (\$57,460.50), including interest at 12.775% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of County Building, Grayling, MI, at 10:00 AM on July 2, 2003.

Said premises are situated in Township of Grayling, Crawford County, Michigan and are described as:

Lots 9, 10, 11, 12, 37, 38, 39 and 40, Block 6, Fourth Addition to Portage Lake

Park, Township of Grayling, Crawford County, Michigan, according to the plat thereof as recorded in Liber 01, Page 22, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 29, 2003  
Attorney for: Mortgagee  
Robert A. Tremain & Associates, P.C.  
401 South Old Woodward Avenue  
Suite 300  
Birmingham, MI 48009-6616  
For information call:  
(248) 540-7701  
Ameriquist Mortgage Company  
Mortgagee

-29-5-12-19

## Mortgage Sale

As a debt collector, we are attempting to collect a debt and any information obtained will be used for that purpose. Notify us at the number below if you are in active military duty.

**MORTGAGE SALE** - Default having been made in the terms and conditions of a certain mortgage made by Dennis M. Bausman and Vicki L. Bausman, husband and wife, Mortgagees, to Commonpoint Mortgage, Mortgagee, dated the 16th day of September, 1997 and recorded in the office of the Register of Deeds, for The County of Crawford and State of Michigan, on the 26th day of September, 1997 in Liber 438 of Crawford County Records, page 553, said Mortgage having been assigned to The Bank of New York, as Trustee under the Pooling and Servicing Agreement dated as of November 30, 1997, Series 1997-D on which mortgage there is claimed to be due, at the date of this notice, the sum of Eighty Nine Thousand Five Hundred Sixty One & 91/100 (\$89,561.91), and no suit or proceeding at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provided,

notice is hereby given that on the 11th day of June, 2003 at 10:00 o'clock a.m. Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the front door to the County Bldg. in Grayling (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 11.2500% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the Township of South Branch, County of Crawford, State of Michigan, and described as follows, to wit:

Situated in the State of Michigan, County of Crawford and in the Township of South Branch.

Being Lot 69, and part of Lots 60, 61 and 62 of the recorded plat of River Forest, being part of the Southwest 1/4 of the Southwest 1/4, of Section 21, part of the Northwest 1/4 of the Northwest 1/4 of Section 28, and part of the North 1/2 of section 29, all in T25N, R2W, South Branch Township, Crawford County, Michigan, described as commencing at the Southwest corner of lot 69 for a point of beginning; Thence North 33 degrees 46' West 167.00 feet; Thence North 24, degrees 09' West 82.2 feet; Thence North 50 degrees 18' East 200.00 feet; Thence North 60 degrees 11' East 100.00 feet; Thence South 17 degrees 15' East 37.6 feet; Thence South 32 degrees 40' East 204.74 feet; Thence South 43 degrees 28' West 60.2 feet; Thence 190.5 feet along the Arc of a 9 degree 28' 30" curve to the right, the long chord of which bears South 52 degrees 29' 30" West 189.71 feet; Thence South 61 degrees 31' West 50.0 feet to the point of beginning.

During the six (6) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale.

Dated: May 8, 2003  
Fabrizio & Brook, P.C.  
Jonathan L. Engman (P536364)  
Attorney for the Bank of New York  
888 W. Big Beaver, Suite 1470  
Troy, MI 48064  
248-362-2600  
The Bank of New York, Mortgagee

08-15-22-29-05

## Notice of Mortgage Foreclosure Sale

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Leesa K. Patterson, a single woman (original mortgagors) to Homestead USA, Inc., Mortgagee, dated May 7, 1999, and recorded on May 17, 1999 in Liber 481 on Page 484 in Crawford County Records, Michigan, and was assigned by said mortgagee to the Chase Manhattan Mortgage Corporation, as assignee by an assignment dated May 17, 1999, which was recorded on July 23, 1999, in Liber 486 on Page 459 Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of Thirty-Three Thousand Fifty-Six and 98/100 dollars (\$33,056.98), including interest at 7.500% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 AM, on June 25, 2003.

Said premises are situated in City of Grayling, Crawford County, Michigan and are described as:

Lot 5, Block 24, Roffee's Addition to the Village (Now City) of Grayling, Crawford County, Michigan, according to the recorded plat thereof, as recorded in Liber 1 of Plats, Page 11, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 22, 2003  
For information, please call:  
Team S (248) 593-1304  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200319205  
Team S

-22-29-05-1

## Notice of Mortgage Foreclosure Sale

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by James Arthur Hurst and Madeline Marie Chase, as joint tenants (original mortgagors) to Centex Home Equity Corporation, Mortgagee, dated February 2, 2001, and recorded on February 12, 2001 in Liber 528 on Page 484 in Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Fourteen Thousand Nine Hundred Fifty-Four and 84/100 dollars (\$14,954.84), including interest at 14.000% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 AM, on June 18, 2003.

Said premises are situated in Township of South Branch, Crawford County, Michigan and are described as:

Parcel1: A parcel of Land located in the West ten acres of the Northeast 1/4 of the Northwest 1/4 of Section 33, Town 25 North, Range 2 West, South Branch Township, Crawford County, Michigan, being further described as follows: Commencing at the North 1/4 corner of said Section 33, Town 25 North, Range 2 West, thence North 89 degrees 37 minutes 04 seconds West along the North line of said Section 1155.66 feet for a point of beginning; Thence continuing North 89 degrees 37 minutes 04 seconds West 163.63 feet; thence South 00 degrees 08 minutes 33 seconds East along the West 1/8 line 443.62 feet; Thence South 89 degrees 35 minutes 17 seconds East 163.63 feet; thence North 00 degrees 08 minutes 33 seconds West 443.70 feet to the point of beginning. Be the same more or less, but subject to all legal highways.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 15, 2003  
For information, please call:  
Team F (248) 593-1313  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200226648  
Team F

-15-22-29-5

## International Fire Code Ordinance No. 2003-1

An ordinance of **Frederic Township** adopting the 2000 edition of the International Fire Code, regulating and governing the safeguarding of life and property from fire and explosion hazards arising from the storage, handling and use of hazardous substances, materials and devices, and from conditions hazardous to life or property in the occupancy of buildings and premises in the **Township of Frederic**; providing for the issuance of permits for hazardous uses or operations; repealing Ordinance No. 98-8 of **Frederic Township Fire Prevention Code** and all other ordinances and parts of the ordinances in conflict therewith.

The **Frederic Township Board of Frederic Township** does ordain as follows:

**Section 1.** That a certain document, Two (2) copies of which are on file in the office of the **Township Clerk of Frederic Township**, being marked and designated as the International Fire Code, including Appendix Chapters A,B,C,D,E,F, and G, as published by the International Code Council, be and is hereby adopted as the code of **Frederic Township** for regulating and governing the safeguarding of life and property from fire and explosion hazards arising from the storage, handling and use of hazardous substances, materials and devices, and from conditions hazardous to life or property in the occupancy of buildings and premises in the **Township of Frederic** and providing for the issuance of permits for hazardous uses or operations; and each and all of the regulations, provisions, conditions and terms of such International Fire Code, 2000 edition, published by the International Code Council, on file in the office of **Frederic Township** are hereby referred to, adopted and made a part hereof as if fully set out in this ordinance.

**Section 2.** That the following sections are hereby revised:

**Section 101.1** Title, These regulations shall be known as the Fire Code of **Frederic Township**, hereinafter referred to as "this Code."

**Section 109.3** Violation penalties. Any persons who shall violate a provision of this code or shall fail to comply with any of the requirements thereof or who shall erect, install, alter, repair or do work in violation of the approved construction documents or directive of the code official, or of a permit or certificate used under provisions of this code, shall be responsible for a municipal civil infraction as defined in Public Act 12 of 1994, amending Public Act 236 of 1961, being Sections 600, 101-600.9939 of Michigan Compiled Laws, and shall be subject to a fine of not more than Five Hundred and 00/100 (\$500.00) dollars. Each day that this Ordinance is violated shall be considered as a separate violation. The code official is hereby designated as the authorized representative of the **Frederic Township Volunteer Fire Department** by the **Frederic Township Fire Chief** to issue municipal civil infraction citations directing alleged violators of this Ordinance to appear in court.

**Section 111.4** Failure to comply. Any person who shall continue any work after having been served with a stop work order, except such work as that person is directed to perform to remove a violation or unsafe condition, shall be liable to a fine of not less than Fifty and 00/100 (\$50.00) dollars or more than Five Hundred and 00/100 (\$500.00) dollars.

**Section 3.** That the limits referred to in certain sections of the 2000 International Fire Code are hereby established as follows:

**Section 3204.3.1.1** (limits in which the storage of flammable cryogenic fluids in stationary containers is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA Standards

**Section 3404.2.9.5.2** (limits in which the storage of Class I and Class II Liquids in above ground tanks outside of buildings is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 30 Standards and any other applicable NFPA standards.

**Section 3406.2.4.4** (limits in which the storage of Class I and Class II liquids in aboveground tanks is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 30 Standards and any other applicable NFPA standards.

**Section 3804.2** (limits in which the storage of liquefied petroleum gas is restricted for the protection of heavily populated or congested areas): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 59 A Standards and any other applicable NFPA standards.

**Section 4.** That Ordinance No. 98-8 of **Frederic Township** entitled "THE BOCA BASIC FIRE PREVENTION CODE, 10TH EDITION 1996" and all other ordinances or parts of ordinances in conflict herewith are hereby repealed.

**Section 5.** That if any section, subsection, sentence, clause or phrase of this ordinance is, for any reason, held to be unconstitutional, such decision shall not affect the validity of the remaining portions of this ordinance. The **Frederic Township Board** hereby declares that it would have passed this ordinance and each section, subsection, clause or phrase thereof, irrespective of the fact that any one or more sections, subsections, sentences, clauses and phrases be declared unconstitutional.

**Section 6.** That the **Frederic Township Clerk** is hereby ordered and directed to cause this ordinance to be published.

**Section 7.** That this ordinance and the rules, regulations, provisions, requirements, orders and matters established and adopted hereby shall take effect and be in full force and effect (30) Thirty Days after publication and in a newspaper of general circulation within the township.

Frederic Township Supervisor

Frederic Township Clerk

Date 5/20/03

Date 5/20/03

## OPEN POSITION ZONING ADMINISTRATOR BEAVER CREEK TOWNSHIP

Beaver Creek Township is seeking an individual to fill our newly created position of Zoning Administrator, to take effect July 1, 2003. This is a part time position, approximately 20 hours per week. The individual we are seeking must work well with the public, preferably have some zoning/code enforcement experience, Builders and/ or Assesing License helpful and have good computer/record keeping skills. Wages negotiable. Please submit resume by May 30, 2003 at 2:00 PM, to: Beaver Creek Township, Sharon Hartman, Clerk, 8888 S. Grayling Road, Grayling, MI 49738.

## REGULAR SCHOOL ELECTION

**NOTICE OF REGULAR ELECTION OF THE ELECTORS OF CRAWFORD AUSABLE SCHOOL DISTRICT CRAWFORD, OTSEGO AND KALKASKA COUNTIES, MICHIGAN TO BE HELD JUNE 9, 2003**

**TO THE ELECTORS OF THE SCHOOL DISTRICT:**

Please take notice that the regular election of the school district will be held on Monday, June 9, 2003.

**THE POLLS OF ELECTION WILL OPEN AT 7 O'CLOCK IN THE MORNING AND CLOSE AT 8 O'CLOCK IN THE EVENING.**

At the regular school election there will be elected two (2) members to the board of education of the district for full terms of four (4) years ending in 2007.

**THE FOLLOWING PERSONS HAVE BEEN NOMINATED TO FILL SUCH VACANCIES:**

**William Dean  
Lewis Madill  
Gary J. Pettyjohn**

Write-in candidates must file a Declaration of Intent on or before 4 p.m. Friday, June 6, 2003.

**THE VOTING PLACES ARE AS FOLLOWS:**

**PRECINCT NO. 1**

**Voting Place:** Grayling Middle School Building, in the City of Grayling, Michigan. The first precinct consists of all the territory of Grayling Township, a portion of Beaver Creek Township, and a portion of Bear Lake Township (Kalkaska County).

**PRECINCT NO. 2**

**Voting Place:** The Frederic Elementary School. The second precinct consists of the territory of Frederic Township, Maple Forest Township, and a portion of Otsego Lake Township (Otsego County).

**PRECINCT NO. 3**

**Voting Place:** The Lovells Township Hall. The third precinct consists of the territory of Lovells Township.

All school electors who are registered with the city or township clerk of the city or township in which they reside are eligible to vote at this election.

This Notice is given by order of the board of education.

*Melvin A. Nunn*  
Secretary, Board of Education

**NEED RUBBER STAMPS?**  
Come see us at  
The **Crawford County Avalanche**  
102 Mich. Ave. • Grayling  
(989) 348-6811



FACTS AND  
FEATURES

A LOOK AT OUR PAST  
FROM THE PAGES OF THE AVALANCHE

23 Years Ago  
May 29, 1980

Crawford County Sheriff Joe White announced Tuesday that Dean L. Goss, four-year department veteran, had been named Undersheriff for the county, effective May 15.

James Roger Kitch, of Grayling, has received a Congressional appointment to attend the United States Military Academy at West Point.

A group of four Grayling High School juniors will be off the Boy's State, a week-long government training program at Michigan State University. The Grayling High School representatives and their sponsoring organizations include Scott Dunckley, Kiwanis Club; Scott Rasmussen, American Legion; Tim Sloan, Rotary Club and Devin Ferguson, American Legion.

On June 6, the Grayling High School will graduate approximately 140 seniors. Thirty-eight of those students have maintained an honor point average of 3.0 or better throughout their years of high school. The top ten students are: Rebecca Baker, Stephanie Fick, Mark Kibbe, Cory Meech, Scott Reynolds, Jeff Schrader, Sue Somerville, Lisa Weiss, Mark Whaley and Chris Lepsy.

The Grayling High School Jazz Band, under the direction of Robert Harris braved the elements Saturday to perform outdoors for visitors and shoppers to Grayling's downtown area. Grayling State

Bank provided the accommodations.

Friends, neighbors and area officials gathered downtown last Friday to participate in ribbon-cutting ceremonies at Nene's Nook. Memorial Day was the first anniversary for the downtown business.

Lisa Radenbaugh and Diane Lee raced to hurdles-event wins in leading Grayling to a third place finish in the Michigan Huron Shores Conference track meet held last Thursday at Petoskey. Also winning for Grayling were Beth Jones, Karen Hanson, Jill Headlee, Joyce Stevens, and Shelly Peterson.

Ribbon cutting ceremonies were held last Friday at Northern National Bank as part of the grand opening celebration.

Robert C. Wilson, author of *Crooked Tree* was at the Grayling Mercantile on Saturday, discussing his new book and autographing copies for friends and visitors. Movie rights have already been purchased for the novel, which depicts the story of northern Michigan rampaging black bears who are believed by Ottawa Indians to be controlled by evil spirits.

Mrs. Suzanne McClellan, Kirtland Community College Trustee and a Houghton Lake businesswoman, and Fred Bear, noted archer and founder of Bear Archery Corporation were among dignitaries attending Kirtland Community College graduation

ceremonies. Mr. Bear was the guest speaker and addressed the topic of "Facing Today's World."

Harold A. Elgas, President of Gaylord State Bank, presented a second installment of the bank's pledge to Sister Mary Hilda, RSM, Mercy Hospital Chief Executive Officer. The money will be added to the hospital's building fund.

46 Years Ago  
May 30, 1957

The American Legion Post 106 Memorial Day parade will begin at 10 a.m. at the Legion Building.

Bob Strong, Grayling Viking High basketball coach, has been advised by mail that he has been named to N.H.S. All America Basketball team by the Wigman Wisemen of America.

About 2,000 people attended the grand opening at Mac's Drug Store in Grayling last weekend. The store which has served this area for nearly 30 years has been completely redecorated and refurbished.

Fifty-eight high school seniors will receive their high school diplomas in ceremonies this next week. Grayling High School will graduate a class of 46 white Frederic Community School will confer diplomas on a class of 12.

The Grayling High Vikings finished sixth in the Northern Class C Conference meet held in Charlevoix last Tuesday.

The Burrows Food Market has been completely remodeled and will hold a grand opening this weekend. Specials include a giant sized box of Tide for 69 cents, one pound of Maxwell House Coffee for 89 cents and hot dogs for 42 cents a pound.

69 Years Ago  
May 31, 1934

Our city park system is now well equipped with hose and sprinklers and all are being kept busy. The new park lots have been nicely seeded with good lawn seed and it is beginning to come out.

Small forest fires threatened the cottages at McIntyre's Landing at Lake Margrethe the first of the week. They were extinguished with little damage by CCC men and neighbors. Large fires were seen northwest of Frederic on Wednesday.

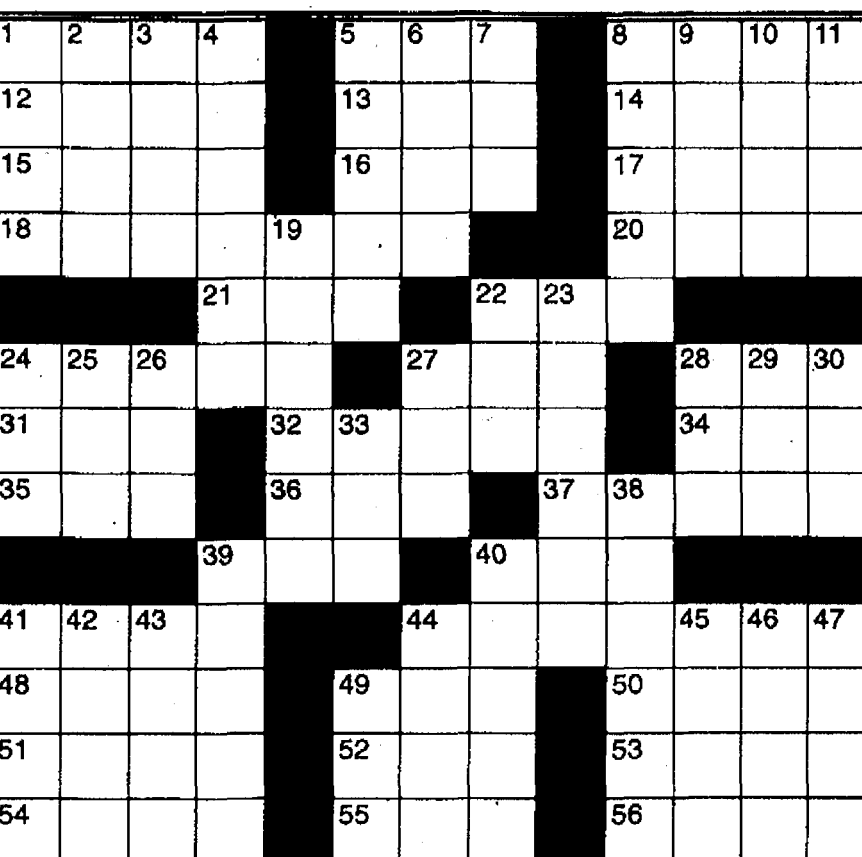
The Grayling Band gave their first open air concert in the band stand last Friday evening, and there was a large appreciative crowd to listen to the fine music. However, as the evening went on it became too cold to play, so the concert was cut short.

92 Years Ago  
June 1, 1911

About four hundred and fifty pupils of our school enjoyed almost a half holiday last Monday, with a sort of lawn fete and love feast under the shade of the trees on the school grounds.

Messrs. D.E. and W.R. Matheson of the *Roscommon Herald*, with Prof. Call, principal of the high school, and Messrs. Harry McConkey, Burton Orcutt, H.J. DeWaele, E.A. Gaffney, Bert Rose and A.J. Price, drove up to the "only town on the map" in two cars to see our boys wallop the Schems of Saginaw on the diamond, the second time this week. They seemed nearly as pleased as our own bunch with the result.

CROSSWORD



ACROSS

1. Parkway, e.g.
5. Kander's Broadway partner
8. Complaints
12. Biblical skipper
13. Deface
14. Jacob's twin
15. Heroine of *Born Free*
16. \_\_\_\_\_Magnon
17. Provoke
18. Waved a red flag
20. Expansive
21. Greeting for Caesar
22. The choice is yours
24. Collect
27. Early: prefix
28. Valentine's Day mo.
31. Like Jonah's luck
32. Casts-of-thousands productions
34. Wiggly fish
35. Naval noncom
36. Squid's tentacle count
37. Type of port
39. Govt. pencil-pushing agcy.
40. Favored one
41. Duct
44. \_\_\_\_\_For Bonzo
48. Dupes
49. Garfield, e.g.
50. \_\_\_\_\_You Babe" (2 wds.)
51. Pool table material
52. Cheer for Joselito
53. The \_\_\_\_\_Patrol
54. Honor
55. Sure thing!
56. Comic Johnson

DOWN

1. "...more than \_\_\_\_\_ bed" (Donne) (2 wds.)
2. Dangle
3. Naturalness
4. Actress Maureen and author John
5. Toastmaster
6. Celtic poet
7. Sis' sib
8. Bodacious
9. Laos' location
10. Liquid armts.
11. Hard fat
19. Living room hubs
22. Joan of \_\_\_\_\_
23. Raised a brood
24. "Nightline" network
25. Hammond product
26. Much \_\_\_\_\_About Nothing
27. Wrestler's maneuver
28. Not a heck of a lot
29. Poetic time
30. *Iron John* author Robert
33. Kind of jacket
38. Hun leader
39. Beau \_\_\_\_\_
40. Fountain and Seeger
41. Magic dragon of song
42. "Amazing Grace" ending (2 wds.)
43. Throw things at
44. Hay block
45. Sikorsky or Stravinsky
46. Greatest quantity
47. Feminine ending
49. Provocatively shy

ANSWERS IN THE CLASSIFIEDS

RECIPE  
OF THE  
WEEK



Honey Rosemary Chicken

- 1/3 cup olive oil
- 1/4 cup honey
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 1 Half Roaster
- 2 sprigs fresh rosemary

Preheat grill until hot. Whisk together first four ingredients. Grease grill rack and place half roaster, leg side up, on the grill rack. Cover grill and cook for 30 minutes. Baste bird every 15 minutes. Cook for about 1 1/4-1 3/4 hours total, until meat thermometer inserted into thickest part of thigh registers 180° F. Garnish with rosemary and serve.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

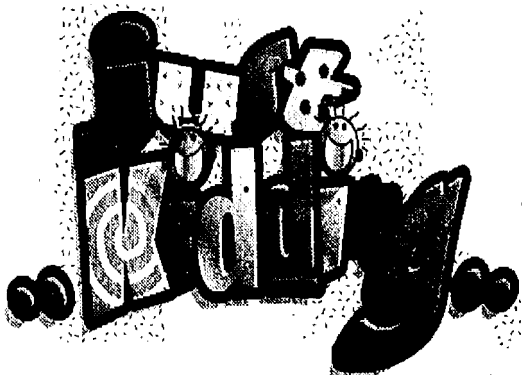
CHEETAH  
CROCODILE  
ELEPHANT  
GAZELLE

GIROFFE  
HIPPO  
LEOPARD  
LION

RHINO  
SAFARI  
TIGER  
ZEBRA

THE WORDS READ UP, DOWN AND ACROSS.

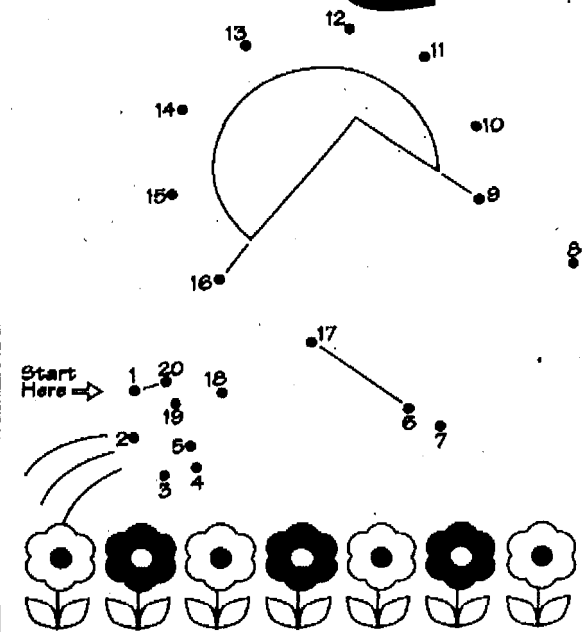
R E C H E E T A H W  
C A G S D H I P P O  
R F A G N M G Z V B  
O M Z L P O E I Y S  
C L E O P A R D W A  
O Q L W S Z H X A F  
D R L T O E I P U A  
I B E K J B N F M R  
L I O N W R O C W I  
E L E P H A N T A E  
C K G I R A F F E L



DID YOU KNOW

At 870° Fahrenheit, Venus has the hottest average surface temperature of any planet in the solar system. The coldest average surface temperature is that of Pluto (-370° Fahrenheit).

connect  
the  
dots



Adopt a Pet



Ripper is a great guy, he has a beautiful red/brindle coat. We think he may be part Rhodesian Ridgeback. He is neutered, has all his vaccinations, and is heartworm tested. All he needs now is a new home to go to.

Please call (989) 348-4117 for more information on opening your home to a homeless animal. Or, e-mail: animal\_director@yahoo.com.

Winter was especially hard on the water buckets used to haul water to the dogs at the shelter. We could use some donations of 2 1/2, 3, and 5 gallon buckets. We are also in need of blankets, throw rugs, towels, bleach, laundry soap and dishwashing liquid. Any help the community can provide is most appreciated, especially by the animals.

There are still a few Dog-O-poly, and Wild Animal-O-poly games available! Cost is a donation \$25 each and all proceeds go to help the animals in our care. Creature Comforts Cookbooks are still available for a donation of \$15. Call the shelter for details or stop in the Avalanche for either item.

The Animal Shelter of Crawford County is located at:  
508 1/2 Huron Street (M-72 East) in Grayling  
Between the Road Commission and the Eagles Hall  
Hours: Mon. - Sat. 9 am - 3 pm; Sun. and Holidays 8 am - 11 am  
After hour appointments available. Call (989) 348-4117

HOROSCOPES  
For the Week of May 29, 2003



An awesome task lies ahead of you, and you will conquer it with ease. Your colleagues will be impressed, and your boss may offer you the opportunity of a lifetime.

January 22-February 19



A young friend is turning over a new leaf. Congratulate them and encourage them to keep up the good work. An important date draws near.

March 21-April 19



Now is not the time to lose your temper over a silly incident. Channel your anger into something more productive.

June 22-July 22



A disagreement may get out of hand. Don't be an innocent bystander. Step in, calm down the two parties and work for the best resolution.

September 23-October 22



Happiness comes from within, and you have lots of it. Others will notice and gravitate toward you. Enjoy the attention.

January 20-February 18



A home repair project can no longer wait. You need to tackle it now, while you have the extra hands and money.

April 20-May 20



Making people laugh is one of your greatest strengths, but you shouldn't feel compelled to entertain the masses this week. You need to take some time to yourself to unwind and have fun.

July 23-August 22



A friend may try to steer a conversation toward a topic you are uncomfortable with. Don't fall into the trap. Explain that you would rather not discuss the issue and switch to a more neutral subject.

October 23-November 21



Something you lost a long time ago will turn up in the least expected place. A phone call brings happy news. Celebrate with a night out.

January 19-February 20



Things will start looking up at the end of the week. You'll clear off your desk and catch up on chores around the house.

May 21-June 21



Your physical stamina is starting to wane. Perhaps you should beef up your workouts or add a new exercise to your routine, such as jogging or spinning.

August 23-September 22



Time management is one of your best skills, and you may be called upon to teach it to others. Don't worry; you'll know just what to say.

November 22-December 21

WEATHER  
Courtesy of the City of Grayling

Last Week

| Date | H  | L  | Rain |
|------|----|----|------|
| 5/21 | 63 | 30 | .05  |
| 5/22 | 62 | 26 |      |
| 5/23 | 68 | 28 |      |
| 5/24 | 61 | 42 | .34  |
| 5/25 | 53 | 47 | .10  |
| 5/26 | 63 | 46 | .01  |
| 5/27 | 67 | 45 |      |

Extended Forecast  
(Courtesy of the Weather.com)

| Wednesday    | Thursday   | Friday        | Saturday    | Sunday        | Monday        |
|--------------|------------|---------------|-------------|---------------|---------------|
|              |            |               |             |               |               |
| High 73      | High 66    | High 67       | High 63     | High 60       | High 63       |
| Low 48       | Low 45     | Low 49        | Low 42      | Low 43        | Low 46        |
| Mostly Sunny | AM Showers | Mostly Cloudy | Few Showers | Partly Cloudy | Partly Cloudy |



# ADVERTISING CLASSIFIED

Classifieds must be paid for in advance

Display Advertising Rate - \$6.90 per column inch

Deadline for Display Classifieds - 12 noon, Monday

Classifieds by the word rate - \$5.00 for 15 words or less, 10¢ per each additional word; includes Internet listing:

www.townnews.com/avalanche/

the word deadline - 12 noon, Tuesday

## Crawford County Avalanche

### 1. Real Estate

### 1. Real Estate


### 1. Real Estate

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**Don F. Bowers**  
Commercial/Investment Specialist  
Phone: (989) 348-7966

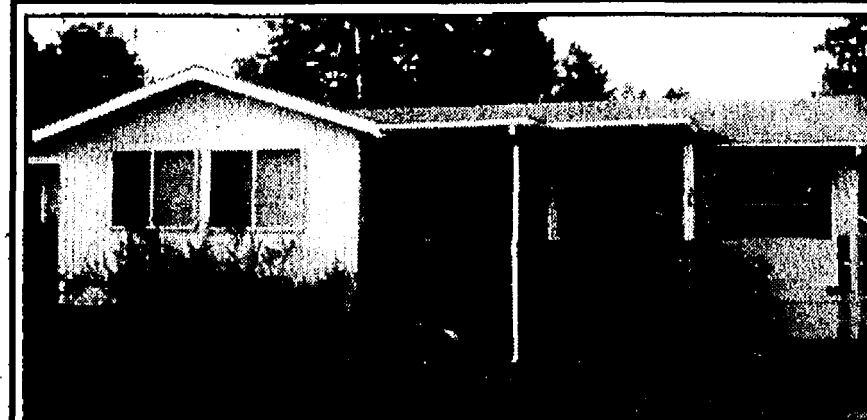


**GOLFERS - FISHERMEN - SNOWMOBILERS - HIKERS - HUNTERS - WATERSPORTSMEN**  
**FORM A GROUP AND OWN YOUR OWN PRIVATE CLUB**  
8 Unit remodeled and furnished motel plus living quarters (could be club house) with a garage on 3.5 acres - minutes from Higgins Lake, Houghton Lake, Lake Margrethe, Fox Run Golf Course, Grayling Country Club, Skyline Ski and Golf, snowmobile trails and state land.  
**WHAT A DEAL!!!**  
**ONLY \$125,000**  
**CALL DON BOWERS - (989) 348-7966**

"Many more Commercial/Investment Opportunities are available, inquire for details."  
**ASK FOR DON**  
**RIVER COUNTRY REAL ESTATE, INC.**  
2375 South I-75 Business Loop (Next to K-Mart) • Grayling, Michigan 49738  
www.century21grayling.com

**LOG HOME** on 234' AuSable River. Three bedrooms, three bath. 2304 sq. ft. Two car attached garage, all wood interior shed. \$199,500 Call owner (989) 344-8032. (LR6/19/03/1)

**MOBILE HOME FOR SALE** White Pine Rd. off of Manistee River Rd. Two bedroom built on back room. Two car garage, little over 2.5 acres. (989) 348-5741 (-8-15-22-29/1)



**12 x 60 2 Bedroom Mobile with 12 x 15 Addition.**  
North of Fletcher Road off Old 27 on McCullum Trail.  
100' x 165' Lot, well and septic, cozy and clean. In the middle of everything. (734) 946-9078  
**\$33,000**

**LAKE VIEW LOTS** 175 ft. x 125 ft. on Lincoln Park Rd. \$45,000 (419) 885-3430 (-24-1-8-15-22-29/1)

**MANY NORTHERN MICHIGAN Properties** www.century21grayling.com (1/7/99tf/1)

**FOR SALE BY OWNER**  
Charming three bedroom home close to Lake Margrethe, freshly painted with new carpet, and laminate flooring in dining room and kitchen. New roof in late 2002. Natural gas forced air heat. Possession at closing. Perfect for a weekend getaway or year round living. \$64,900 Call (989) 348-4443 (-22-29/1)

**THREE BEDROOM, ONE BATH** in town home, recently remodeled, fenced in back yard, great family home. Land Contract terms, \$2,500 down, \$490 per month. 8 1/2% interest, \$49,900. Brokers welcome. Please call (231) 922-7170. (-29/1)

**LOW LOW MORTGAGE** Rates Loan Closing three weeks or less. Northland Area Credit Union. 1-800-336-2328 (8/8/02tf/1)

**THREE BEDROOM, TWO BATH** ranch style home. 1,768 sq. ft. with attached breezeway and double car plus garage. Double plus lot in Karen Woods Subdivision just one mile from town off M-72 West in Grayling. \$125,000 (989) 348-2431 (-1-8-15-22-29/1)

**LAKE MARGRETHE** Complete remodel, interior Pickled Pine, two bedrooms walk in closets. Two bath, Oak kitchen with island, laundry, stone fireplace, attached garage, utility shed, chain link fencing. \$189,000 Phone (989) 348-4485, (517) 323-4202. (-22-29/1)

**THREE RESIDENTIAL** Building lots close to town. \$8,500 each. Natural gas. (989) 348-6938. (4/17/03tf/1)

**AUSABLE RIVER MAIN-STREAM** This four bedroom ranch home features 185' of secluded river frontage, 2 1/2 car attached garage, 12' x 18' deck, carpeted and paneled basement and all new appliances. \$159,500 See details at HTTP://GoneHome.com/037534 or call (989) 348-1263. (-15-22-29-5/1)

**GRAYLING TOWNSHIP** Vacant lots for sale. 1/2 acre wooded, main road. \$13,900 each. Krausmann Realty. (248) 333-8888 (LR6/19/03/1)

**OFFICE/RETAIL SPACE** for rent 1,200 sq. ft. immediate opening in neon plaza, Kalkaska. Call Sandy (231) 258-8377 between 9:00 to 3:00. (10/24/02tf/2)

**CLEAN TWO BEDROOM** mobile with storage shed. Close to town. \$400 a month. Security deposit and references required. No pets. (989) 348-8386 (-29-5-12-19/2)

**VACATION CABIN** on AuSable for rent. Weekly or nightly. Completely furnished. (989) 348-8350 (5/15/03tf/2)

**OFFICE SPACE AVAILABLE** 1,120 sq. ft. on Business Loop. Contact (989) 348-2142 (-29-5-12/2)

**TWO BEDROOM MOBILE HOME** No pets \$375 per month, plus deposit. (989) 879-4974 (-29-5/2)

**TWO BEDROOM, ONE BATH** home near Lake. Annual lease, no smoking, no pets, water included. \$425 per month plus utilities and security deposit. (989) 348-8627 (4/17/03tf/2)

**1 1/2 BEDROOM** Gas and electric included. \$550 a month. (989) 344-6072 (5/15/03tf/2)

**IN TOWN** On the AuSable, one bedroom upstairs apartment. \$390 per month, no pets. Phone (989) 731-4544. (5/15/03tf/2)

**COTTAGE ON Lake Margrethe, Grayling.** \$640 per week. Many extras included. Call (734) 395-6476 or (989) 344-1673. (-29-5-12-19-26/2)

**THREE BEDROOM, TWO BATH** home at Lake Margrethe. Five years old, freshly painted inside. \$600 per month plus security. References, one year lease. No smoking only, no pets. (989) 348-8627 (3/13/03tf/2)

## MORTGAGES



**Home**  
**HOMESTEAD USA**

America's Residential Mortgage Source  
**Real Estate Lending at its Best!**  
Your full service mortgage lender


FHA, VA, Conventional, Zero Down  
No Income/No Asset,  
Home Equity, Refinancing

**QUALITY • EXPERIENCE • INTEGRITY**

**Jeanne Lee**  
231-933-4700  
1-800-794-3440  
1111 E. Eighth St.  
Traverse City, MI 49686

## MORTGAGES


Refinancing, Conventional, ARM's, FHA, VA,  
Rural Development, Zero Down, Home Equity  
No Income/No Asset




**National City**  
**National City Bank**  
"Full Service Banking"  
901 South Garfield  
Traverse City, MI 49686  
Office: 231-935-1133  
Cellular: 989-239-9893  
Pager: 231-318-0383

**DEBBIE BONDAR**  
"Your Local" Mortgage  
Loan Originator  
with 11 years of  
Real Estate Background

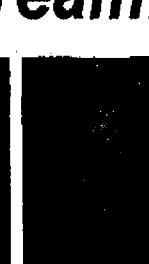
## Go With The Winning Team!



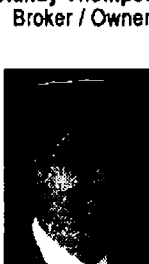
**Randy Thompson**  
Broker / Owner




**Connie Lynn Winans**  
Sales Agent



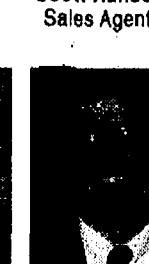
**Scott Hanson**  
Sales Agent




**Bob Pollack**  
Sales Agent




**Bill Borchers**  
Sales Agent




**Randall Hartley**  
Sales Agent



**Jerry Gosnell**  
Associate Broker




**Ron Baker**  
Associate Broker



**Allen Secord**  
Sales Associate

**Special Feature!**



Enjoy the serenity of AuSable River front living amongst the pines yet still have the convenience of being close to town. This spotless full log home features two bedrooms w/built in dressers, 2 1/2 baths, walkout basement, fireplace, decking and much much more!!! #5081 \$239,500

**EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.**

**Century 21** 1-888-324-6568  
Mortgage™ We'll beat any lender's price or pay you \$500\*

\*A borrower who provides a mortgage service provided by Century 21 Real Estate, Inc. (C21RE) is eligible to receive a cash bonus of \$500. The bonus is paid to the borrower at the time of closing. The bonus is not available to borrowers who are refinancing an existing mortgage with C21RE. The bonus is not available to borrowers who are refinancing a mortgage with C21RE. The bonus is not available to borrowers who are refinancing a mortgage with C21RE. The bonus is not available to borrowers who are refinancing a mortgage with C21RE.

**Proud To Be American!**



**On the main stream of the AuSable River, "Holy Waters"!** Quaint 2 bedroom, 1,144 SF cottage located right on the banks of the river (stones throw from the front porch). Features a brick fireplace, knotty pine interior, and a fantastic view. #5070 \$168,000

**Over 2,000 SF home** nestled in a quiet area just outside the city limits. Newer roof, vinyl siding and vinyl windows, interior needs a little TLC. Home is situated on two lots and has a two car detached garage. Very nice landscaping and above ground pool. #5089 \$80,000

**Come watch the Elk** play from this clean 4 bedroom 1,100 SF home with two fireplaces, situated on 10 acres of hardwoods. Perfect recreational property or full time residence in the heart of Elk country. Property also has a 30 x 40 ple barn. #5084 \$174,500

**One bedroom with attached garage and lake storage shed** on 1.9 acres. New roof, electric service, hot water heater, wall furnace, and vertical blinds. Extensive remodeling completed in 2002. 5000 W generator, riding mower and snowblower included. #5072 \$68,000

**120 Acres with a 1500 SF home,** a 20x24 detachable garage and a 3800 SF barn. The property is 45% hardwoods, and the tillable land has been used wisely in the past, which makes it in excellent condition. This property is located in Kalkaska County. #5047 \$320,000

**This 1996 home** has a very nice floor plan with master bedroom suite, 3 bedrooms, 2 full baths and a full basement. Situated on a nice one acre parcel out of town, offering seclusion. Public fishing site on the AuSable River is about 2 miles away. #5034 \$73,500

**Nice 3 bedroom home** was renovated in 1997 to include new kitchen cabinets, formica tops and new floor coverings. Home also features 1 1/2 baths, attached insulated garage, decking and shed. Includes range, dishwasher and refrigerator in garage. #5092 \$78,500

**Spotless two story, three bedroom home** located within Grayling's City limits, with walking distance to shopping, schools, library, hospital and the famed AuSable River. Extensive landscaping featured through out the yard. Truly a must see. #5099 \$94,000

**Affordable three bedroom, one bath mobile** on a good size lot, just minutes from town. The mobile would make a great rental income property. Handy man special and priced to sell #5083 \$22,000

**Nice secluded two bedroom home** has one bath and a guest house. Features a garden area, knotty pine interior, two car garage and storage shed. #5024 \$86,500

**Don F. Bowers**  
Commercial Investment Specialist

**North Country Lodge**  
\$199,500  
ASK FOR DON  
348-4443


**Quality Service Award**  
Winning Office  
1993-1995-1997  
1998-1999-2000  
2001 & 2002

**Office 348-5474**  
**Fax 348-4420**

**Century 21**  
**RIVER COUNTRY REAL ESTATE, INC**  
2375 South I-75 Business Loop (Next to K-Mart) • Grayling, Michigan 49738  
www.century21grayling.com

**Connie Lynn Winans**

Nice and clean home located in the City of Grayling has plenty to offer! Featuring three bedrooms, a living room and large family room with fireplace, attached garage, fenced yard, paved drive and more!!! \$63,000 #5082 Ask for Connie!



**Century 21**  
River Country Real Estate • 2375 S. I-75 Bus. Loop  
(989) 348-5474



**HOUSE FOR RENT** Two bedroom, one bath, range, refrigerator included, utilities not included. No pets, \$400 month, plus \$400 security deposit. 8115 Insley St. by Lake Margrethe. (989) 348-4716 (5/15/03tf/2)

**CLOSE TO LAKE MARGRETHE** Two bedroom house. Washer/dryer hookup, garage, natural gas forced air heat. No pets. \$450 per month, \$475 security deposit. One year lease. (989) 348-4443 (-22-29/2)

**FURNISHED CABIN** \$400/month, \$200 security deposit. Two bedroom. Lake Margrethe access. Call (989) 348-2318 after 4:00. (-22-29/5/2)

**ONE BEDROOM HOUSE** in town. Appliances furnished. \$350 per month, \$375 security deposit. One year lease. (989) 348-4443 (-22-29/2)

**TWO BEDROOM DUPLEX** Storage, lawn care, laundry hookup, no-smoking. \$395 8110 Insley Ave. (989) 348-2178 (5/8/03tf/2)

**ONE BEDROOM DUPLEX** Dry walled, newer carpet, new bath, lawn care, adult, no smoking. \$340 310 A Rolla St. (989) 348-2178 (5/15/03tf/2)

## FOR RENT

Grayling Housing Commission  
Base Rent is based on 30% of Adjusted Income

Maximum Ceiling Rents

One Bedroom ..... \$400.00  
Two Bedroom ..... \$350.00  
Three Bedroom ..... \$375.00  
Four Bedroom ..... \$400.00  
Rent Includes Utilities

These flat rents are the maximum rents to be paid for the units listed above. The Grayling Housing Commission basic rent is calculated on 30% of income.

308 Lawndale Drive  
Telephone: 989-348-9314

The Grayling Housing Commission currently has 1 bedroom (senior/disabled) apartments available. Rent is based on 30% of gross adjusted income or \$400 maximum rent. Utilities included or a utility allowance is applied. Please call 348-9314 for more information or stop in at 308 Lawndale.

**KITCHENETTE AND STUDIO** apartment available. All utilities included, cable. (989) 348-8471 (4/3/03tf/2)

**ONE BEDROOM DUPLEX** Located in Grayling Mobile Estates. Rent is \$400 per month and includes all utilities. Call Northwood Rentals. (989) 344-8787 (5/15/03tf/2)

**VIKING VILLAGE APARTMENTS** is now accepting applications for immediate occupancy, as well as waiting list positions. Very nice, two bedroom, two bath apartments with an attached garage and central air conditioning in a private secluded setting. Lease includes appliances, weekly garbage pickup, snow removal, and lawn care. Paved street, natural gas. Credit application required. No pets. Inquire at Farm Bureau Insurance-Herb Olson (989) 348-9456. (-1-8-15-22-29/2)

**ROOM FOR RENT** \$250 month, \$75 deposit. Call for appointment, house privileges. (989) 344-7658 (-29/2)

**HOUSE FOR RENT** 6274 Old Lake Rd. One bedroom, stove, refrigerator included. Newly remodeled. \$350 month plus \$350 security. No pets. Utilities not included. (989) 348-4716 (5/22/03tf/2)

**KITCHENETTE FOR RENT** No deposit and includes all utilities, cable TV, stove, refrigerator. Phone available. Western Trails Motel. (989) 348-7681 (-29-5/2)

**NURSES!** Welcome! We at Mercy Amicare Homecare & Hospice invite you to compare our benefit and compensation package to other homecare providers in the area! We believe happy employees provide the best quality care for our patients. Our generous PTO program allows you a life as well as a career. Talk to us about our new Casual/Contingent Program which provides a bonus of one week paid vacation after completing 520 hours of work. Perfect for the RN who wants to work in a flexible environment. We are the one to call if you are seeking a fulfilling career in homecare. We are currently paying a bonus of \$1,500 for full-time RN's and a \$750 bonus for part-time RN's. All bonuses payable 50% after completion of six months and one year of employment. All applicants must have a current Michigan RN license, be willing to travel in our geographic service area, and accept a rotation of on-call. For more details regarding qualifications, call Brenda Lake or Jan Bersted at 1-800-822-8318. Achieving Workforce Diversity Through Affirmative Action/Equal Opportunity Employer. (-29/3)

**ARBY'S OF GRAYLING** is now hiring full and part time employees. Must be willing to work both day and night shift. Apply in person at restaurant. (-29-5/3)

**COOK** Experience preferred but will train the right person. May be scheduled for a day or afternoon shift. Kitchen is open from 6:30 a.m. to 8:30 p.m. Weekends and holiday work to be expected. Apply at Grayling Nursing Center, 331 Meadows Dr. Grayling, Michigan. (-29/3)

**ATTENTION - WORK FROM HOME** \$500 - \$1,500 P/T, \$2,000 - \$4,500 F/T 1-800-304-2938 www.AGreatIncome.com (LR6/19/03/3)

**REGISTERED NURSES** Medical Surgical Floor Mercy Hospital Grayling is seeking Registered Nurses for full-time positions in medical surgical area. We are seeking Registered Nurses currently licensed in the state of Michigan or eligible for Michigan licensure. Some relevant experience is preferred. We offer competitive wages and an excellent fringe benefit programs. If you are the exceptional nurse we offer you the opportunity to practice your profession in an environment, which fosters professional growth for the nurse and at the same time provides quality patient care utilizing a holistic philosophy. Interested persons please contact Human Resources, Mercy Hospital Grayling, 1100 E. Michigan Ave., Grayling, MI 49738. Phone (989) 348-0528, Fax (989) 348-0485. E-mail feldmaa@trinityhealth.org (-29/3)

## Cobble Creek Apartments

140 Cobble Creek Dr.  
#12  
989-348-3150

## SPRING SPECIAL

\*0.99 and security deposit will move you in.  
Rent starts at \$325.00. No application fee.  
\* For qualified applicants

Office Hours: Mon., Tues., & Thurs., Fri.

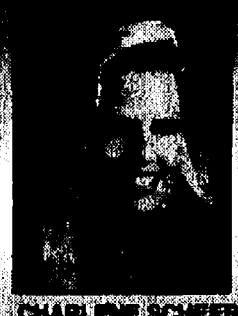
9:00 a.m. to 3:00 p.m.

Wed. 12:00 p.m. to 6:00 p.m.

Saturday's by appointment


TDD# 1-800-760-1997

## 1. Real Estate



# RE/MAX

## OF Grayling





**BEAUTIFUL BUILDING SITE.** Fox Run Country Club Estate Lot. One of the largest building sites in Fox Run Estates. A nice mixture of oak and pines. CS-1693 \$44,000



**SECLUDED ESTATE ON 1.75 ACRES** WITH additional 2 lots available. This well-crafted home is immaculate and offers an open floor plan with 1170 sq. ft. with 2 bedrooms, 1 bath. Armstrong tongue and groove hardwood floors throughout, oak kitchen cabinets with double duty island serves as work space and snack bar, cathedral ceilings, creating vinyl windows, ceramic floor in bath, drywall throughout, 2 car attached garage. Comes completely furnished except few items. State land and snowmobile trails 1/4 mile. AuSable River 3.4 mile. Turn key. CS-1672 \$96,900



**BEAUTIFUL HOME IN THE CITY!** Immaculate well maintained home offers 2 bedrooms, 1 bath, 1 1/2 car detached garage. Appliances include stove, new refrigerator, garbage disposal, washer and dryer. New carpet, new furnace and hot water heater, new roof on house and garage. Concrete circle driveway. Great location. Completely furnished except personal items. CS-1703 \$67,500



**CLOSE TO LAKE MARGRETHE PUBLIC ACCESS** Well maintained home offers 4 bedrooms, 1 bath, with 1,222 square feet. Formal dining room and vinyl siding on house & garage. New 30 x 40 pole barn with slab floor and two 13' doors and 8' door. Wood deck with six person hot tub (Hot Tub) comes with lights and CD player. Fenced yard with gazebo and swing. Appliances include stove, refrigerator & dishwasher. Beveled glass front door, natural gas, hot water baseboard heat, and blacktop driveway. CS-1749 \$108,000



**471 FEET AUSABLE RIVER WITH 2.75 ACRES.** Tranquil setting with lots of wildlife. Custom built home offers 3 bedrooms, 2 1/2 baths with 1800 sq. ft. Open floor plan with living room, family room, kitchen and dining area. Master bedroom offers walk in closet. Computer room or den off upstairs bedroom. Full finished basement with heat (wood or propane). Hot tub off back deck. Hot water heater, new roof on house and garage. Concrete circle driveway. Great location. Completely furnished except personal items. CS-1674 \$199,000



**QUALITY BUILT TOWNHOUSE** in desirable Viking Village. Spacious 1,184 s.f., 2 B/R, 2 bath, double Andersen windows and doorways onto patio, central A/C, breakfast nook, all appliances included, formal entry large living room with vaulted ceiling, drywall interior, spotless move in condition. 15x22 attached heated and finished garage, blacktop drive, sprinkling system. Beautiful secluded setting, located just outside city limits. Amenities provided i.e. grass/shrub trimming, snow removal, garbage pick-up. Excellent Opportunity. First unit offered for ownership. Ask for condo. Visual Tour at remaxofgrayling.com. Immediate Occupancy. CH-1642 \$63,900



**CHARMING HOME CLOSE TO TOWN!** Great Home in Great Location. Only 1 mile from town! 1,300 s.f., 3 B/R, 1 bath, new carpet in family room & utility room, new ceiling & sliding glass door in living room, remodeled kitchen & bath, hardwood floors in bedrooms, very nicely decorated. 2-car garage, blacktop drive, electric pet fence. To include stove, refrigerator, dishwasher, washer & dryer. CH-1694 \$81,000



**LAKE MARGRETHE ACCESS** cedar sided 1,400 s.f. Home. 3 B/R, 2 baths, master B/R suite w/built in wardrobe and entertainment center. Vaulted knotty pine beamed ceiling in great room. Kitchen has custom hickory cabinets and ceramic tile flooring and counter tops. Two doorways onto brick patio, split rail fence w/brick pillars, landscaped yard w/sprinkling system. Brick sidewalks, and planters. To include dishwasher, garbage disposal, micro., stove, and refrigerator. CH-1375 \$139,900



**SPACIOUS HOME ON SECLUDED 2.5 ACRES WITH GORGEOUS LANDSCAPING.** 2,014 s.f., 2 bedrooms, 2 baths, knotty pine vaulted ceiling, rec. room with sunken hot tub and wood stove, large breezeway, low E glass porch, knotty pine kitchen, new wood flooring, and two skylights. 3 car attached garage, 24 x 40 pole building, fenced back yard, pool with extensive decking. Hutch in kitchen does not stay. CH-1734 \$114,900



**PRICED BELOW REPRODUCTION!!** Only two spaces old 1,728 s.f. 3 B/R, 2 bath home. Bright and spacious interior, full basement with poured walls, master B/R suite with jet tub and two walk-in closets, fireplace, 2 skylights, central air, beautiful open kitchen, 2 car attached garage. Stove, refrigerator, microwave, and garbage disposal. CH-1754 \$99,000



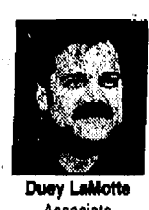




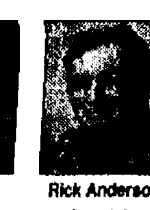


**5 ACRES WITH ELECTRIC TRAILER AND TRAVEL TRAILER** Great location with a 30 foot Alfa Gold travel trailer included. Offers 5 acres and electric on site. A must see. \$21,900 #222851

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|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <br>Dorey LaMonte<br>Associate Realtor | <br>John Howe<br>Associate Realtor | <br>Kevin Jamison ABR<br>Valuation Specialist | <br>Diann S. Murphy ABR<br>Associate Realtor | <br>Fred Shippy<br>Associate Realtor | <br>Rick Anderson<br>Associate Realtor | <br>Larry Moore<br>Associate Realtor | <br>Robert Gingerich<br>Associate Realtor |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|

**SALES TEAM**

**SPECTACULAR VIEW OF THE AUSABLE RIVER.** This view is stunning, only 50' off the banks of the AuSable River. Enjoy the river from the deck, or inside your living room. Excellent trout fishing. This 3 B/R home offers a full basement, 2 1/2 baths, gas fireplace, wired for generator back-up, and heated 24 x 40 pole barn. Make an appointment to see this home. It is well worth your time. \$225,000 #223465

**NICE HOME IN SECLUDED SETTING.** Secluded setting near Red Oak enhances this nice 3 B/R, 2 bath home with large garage. Perfect for year-round home or getaway. \$78,000 #226863

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**THE PERFECT STARTER OR RETIREMENT HOME** Located close to town, this is the perfect location for a first-time home owner or retiree. Includes 3B/R, 1 bath, a family room with woodstove and door-wall leading out to a cement patio, above-ground pool, and never dry-wall in garage. Also features Michigan basement. \$63,000

**ATTRACTIVE OFFICE BUILDING.** Attractive business office for small law firm or insurance office, with 1-75 and M-72 access. Includes lobby area, lunch area, and 5 large offices. One unisex bath. \$124,900 #224649

**IDEAL FIXER-UPPER IN CITY MOTIVATED SELLER** is looking for a handyman who is ready to purchase this 2B/R, 1 bath fixer-upper. Ideal rental property or starter home. \$38,000 #224500

**COMFORTABLE HOME WITH PANORAMA OF THE AUSABLE** With 222' of river frontage that offers a panoramic view of the AuSable River, this 4B/R, 2 bath home sits about 30' off the river's bank and includes 1/3 ownership of the 3 lots across the river. Over 200 sq. ft. nestled among mature hardwoods, with underground sprinklers, and priced under appraised value. \$189,900 #223549

**80 ACRES/HUNTING PROPERTY.** The perfect parcel for a hunting club. State land on three sides, small clearing for food plots, and power on the East side. Priced Right!! Seller is licensed real estate agent. \$139,000 #226841

**13+ ACRES NEAR "HOLY WATERS"** Just minutes from the "Holy Waters" of the AuSable River and State land. Property fronts blacktop road with power adjacent. Nestle a home in the middle of property for lots of seclusion. \$38,500 #222385

**10 ACRES OF HUNTING PROPERTY** Great hunting land with State Land on the East and West sides. Power is 660 feet away. Priced Right. Will accept a land contract for 3-5 years with 20+% down. \$19,900 #220553

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**LOVELLS RIVERSIDE TAV-ERN** hiring experienced, motivated chef, waitresses and bartenders. Pleasant personality a must. Apply within, ask for Kathy at 6535 East County Road 612 or call for appointment. (989) 348-5690. (-22-29/3)

## HELP WANTED

DuBois Lumber is looking for motivated persons to work in lumberyard & make deliveries, part-time & full-time positions available. Must have chauffeur's license. Apply in person at 609 Norway Street, Grayling.

# DuBois Lumber

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**LUMBER & BUILDING MATERIALS**

## North Central Community Mental Health

**HOME BASED CHILDRENS THERAPIST:** Seeking individual to provide home-based family services to children and their families via consultative services to community agencies, coordinating services with local courts, FIA, schools, ISD and other public and private agencies. Requires Master's degree and licensure in the State of Michigan. Based in the Houghton Lake office. Competitive salary and excellent fringe benefits. Send resume and salary history to Human Resources, North Central Community Mental Health, 527 Cobbs Street, Cadillac, Michigan, 49601 by 6/6/03. EOE

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**HOME HEALTH AIDES**

Make a difference in someone's life by providing one-on-one in home care! The West Branch office of Munson Home Health has 2 openings in the Higgins Lake/Prudenville area for CENAs or CENA candidates. Join our team. Job satisfaction and personal reward can be yours!

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Barb Knox, Clinical Supervisor  
(800) 319-9361 or (989) 343-1100  
Munson Home Health  
335 East Houghton Ave.  
West Branch, MI 48661  
Equal Opportunity Employer

### Substitute Teachers Needed!

**Have you ever thought about being a substitute teacher?**

**You can if you meet these simple qualifications:**

- \*Completed a minimum of 90 semester hours from a 4 year accredited college or university
- \*Successfully pass a criminal records & unprofessional conduct check.

COOR ISD will offer a FREE 2-Day Training to better prepare qualified individuals to be successful substitute teachers.

Training will be held @ Kirtland Community College, Conference Center  
**August 13 & 14, 2003**  
9:00 A.M. - 3:00 P.M.

Registration will be accepted through July 28, 2003. Limited space is available. Call Laurel @ COOR ISD, 989-275-9525 for specific dates & to reserve your space.

## SAVE-A-LOT

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Save-A-Lot Food Stores is searching for a qualified candidate for the position of Assistant Manager, in our Grayling Save-A-Lot Food Store at 2333 S. I-75 Business Loop.

**Minimum Qualifications**

- Willing to supervise and perform physical work, including stocking, maintenance, cleaning, cashiering in a busy grocery store environment.
- Excellent cash handling skills.
- Grocery or retail experience in a supervisory position is preferred but not required.
- High School Diploma/GED

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Please see Chris in person with an updated resume at:  
Save-A-Lot  
2333 S. I-75 Business Loop, Grayling, MI 49738  
EOE

**HOSPITAL CODER II** Mercy Hospital Grayling is seeking persons for a part-time day position as a Coder II in our Health Information Services Department. Responsibilities include coding on all inpatient and ambulatory surgeries with ICD-9-CM and CPT-4 classification systems, in an acute care hospital setting. RHIT/RHIA/CCS required, or be aggressively pursuing, with defined dates to complete within one year from date of hire. Demonstrated knowledge of prospective payment system, DRG and APC grouper assignment, and computer-assisted optimization programs is required. Requires knowledge of medical records and its contents. Experience with 3M Health Information System encoder products is desirable. Human Resources, Mercy Hospital Grayling, 1100 E. Michigan Ave., Grayling, MI 49738. Phone (989) 348-0570 Fax (989) 348-0485. (-29/3)

**PROCESS MEDICAL CLAIMS FROM HOME!** Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission, 1-877-FTC-HELP. A message from The Crawford County Avalanche and the FTC.

**CERTIFIED AUTO TECH** Call Pat (989) 731-3541 (-8-15-22-29/3)

**SHAWONO CENTER** is interested in contracting psychiatric services 12-20 hours per week at our Center. Interested individuals should contact the Center at (989) 344-5010 not later than 6/2/03. (-22-29/3)

**AVON**, the world's leading beauty company, needs more representatives in this area. Only \$10 to start; 40-50% guaranteed commission. Call 1-800-367-2866 and ask for the district sales manager. (-29-5/3)

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**BOB'S WASH, WAX & Detail** Prices Cars, trucks and vans all the same price. Complete detail \$75 includes: wash, wax, steam clean carpets and seats, clean windows, vents, consoles and trunk. Dress tires and clean tire rims. Interior cleaning \$50 includes: all of the above except the wash and wax. Wash and Wax only \$25. Free pick-up and delivery in city limits. Yard work, raking and mowing too. (989) 348-5081 (-29/4)

**DO YOU NEED** a stump removed? We can help. Phone (989) 348-8066 (-29-5-12/4)

**YARD WORKS TRACTOR** services. Loader work, tilling, grading, leveling, seeding, planting, lawns, food plots. (989) 348-6081 (LR5/29/03/4)

**FOR NEW HOME CONSTRUCTION**, add-on, garages, pole buildings, renovation, repairs, window and door replacement, roofing, siding. Metal roofs and ceramic tile, hardwood flooring. Call Cross Roads Construction, 6280 Atkinson Rd., Grayling, Michigan. Call (989) 344-0238 or (734) 644-6640 today for a complimentary consultation. (7/4/02tf/4)

**DRIVER'S TRAINING** and road testing for cars and motorcycles is offered by the Grayling Driver's Training School. Register now for the September 3 class. Contact Howard Lehti. (989) 348-8838 (LR8/28/03/4)

**BABYSITTER** for the summer months. In my home, Monday through Friday. Certified Elementary teacher who loves to work with and be around children. (989) 344-0240 (-29/4)

**J B POWERWASH** Keep your house and deck looking clean. Specializing in house painting and deck sealing. Call (989) 344-1412. (-1-8-15-22-29/4)

**MILLTOWN FENCE COMPANY** for all your fencing needs, contact the fence experts for free estimates. at (989) 348-9188 (LR10/30/03/4)

**AUSABLE CLEANING** Residential and commercial cleaning. Experienced and references available. Call (989) 344-0897. (-29-5/4)

**SPRING CLEAN UP** Tree/brush rubbish removal, also landscaping work. Call (989) 348-5817. Free estimates. (-8-15-22-29/4)

**TOM'S POLE BUILDINGS** Free quotes on all size buildings. Featuring Ultra 2000 siding & roofing. 4050 Industrial Dr., Harrison, Michigan 1 (800) 541-3974 tomspolebuildings.com (2/7/012f/4)

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**'89 YAMAHA YZ490** \$900 O.B.O. (989) 348-3306 (-29/5)

**BRITTANY PUPPIES AKC** Luther Pheasant hunting. Three males. \$450 (231) 269-3137. (-22-29/5)

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**NEW RIVERBOAT** with new trailer. Cherry, White Ash. \$4,995 (989) 348-2187 (-8-15-22-29/5)

**USED 16' riverboat** and trailer. One year old. \$3,995 (989) 348-2187 (-8-15-22-29/5)

**BECOMING OR SSS Bug Guard** with sunscreen. Call (989) 344-04446 or e-mail at caronpep@i2k.com (-29/5)

**6 X 9 UTILITY TRAILER** Spare tire, wired. \$375 Evenings (989) 348-6622. (-29/5)

**1986 21' SEARAY** Seville with cuddy. 170 h.p. Mercruiser. Very good condition. Equipped with port-a-potty, canvas tops, covers, Bimini, Eagle fishfinder, 4-Walker down riggers, etc., 6-rods and reels, tackle, skis, ropes, life-jackets, pull behind tube, and double axle trailer. \$7,900 (989) 344-1223 days or (989) 348-7028 evenings. (-29/5)

**2000 HOLIDAY RAMBLER** Aluma - Lite, travel trailer. 33' with slide out. Excellent condition. Non smokers, no pets. All the extras and very clean. Sleeps six. \$36,000 new, asking \$21,000. O.B.O. (989) 348-8787 or (989) 619-9951 CELL (-8-15-22-29/5)

**25' FIBERGLASS PONTOON** Good condition. 115 Evinrude motor. Low miles. No trailer. \$1,050 (231) 369-2672 (-29/5)

**TRAILER - RECREATION-AL** 1994 Holiday Rambler, 34 foot Alumilite 5th wheel, mint condition, loaded. Olympic Oak cabinets, tub with shower, washer/dryer hookup. Too many extras to mention. \$19,900 Call (989) 344-0424. Hurry, won't last! (-22-29-5-12/5)

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1989 25' Crest Pontoon, 50 h.p. Mercury. \$5,995 O.B.O. 1990 24' Aqua Patio Pontoon, 40 h.p. Mercury. \$4,500 O.B.O. 2000 14' Sylvan Fish boat (new) mid trailer \$2,000. Used 15 h.p. 4-stroke includes EZ Glide Steering. \$4,450 O.B.O. 2000 new 18' 180 sport Sylvan matching trailer used 120 h.p. Force engine (1996) \$12,800 O.B.O. 1999 20' Manitou Pontoon 40 h.p. 4-stroke Evinrude, like new with extras. \$10,925 (-22-29/5)

**BAYLINER** 1950 Capri, Bowrider, 1996, 3.0L Mercruiser, EZ load trailer, low hours, excellent condition. Complete with bimini top, skis, life vests, tow ropes, all covers. (989) 348-2223 (-29-SSGF/5)

**QUEEN SIZE MATTRESS** with foundation and deluxe frame. New in plastic, sacrifice \$150. Amish built pine log bed. Queen size. \$245 Call (989) 429-0062 (-1-8-15-22-29/5)

**1996 15.5 HP Craftsman** lawn tractor with 42" mower deck. 42" snow thrower, weights, chains, snow cab, and triple bagger. Well maintained and in great shape. \$2,000 firm. (989) 348-2099 (-29-5/5)

**TO PLACE ORDERS** for BeComing Line cosmetics and Anew Ultimate Eye Cream. Contact Avon Independent Sales Representative Sandy at (989) 344-2806 or e-mail scollen54@hotmail.com. (-29/5)

**1996 KAWASAKI KLX 250** Four stroke, headlight and tail light. excellent condition. Call and leave message. (989) 348-2352 (5/15/03tf/5)

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**HELP WANTED HINTS** When placing a Help Wanted Classified, remember to list the job title and duties involved, whether it is full or part time, the name of company or business, mailing address for resume, or street address for walk-in applications. Crawford County Avalanche, 102 Michigan Avenue, Grayling - (989) 348-6811

**CUSTOM SIGNS**, lettering and graphics for your business, truck, trailer or boat. Any size or color. Call Pete Koefas (989) 348-8627 or 1-800-848-1268. (4/17/03tf/7)

## Crossword Answers

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|---|---|---|---|---|---|---|---|---|---|---|
| O | L | E | O | E | B | B | N | A | G | S |
| N | O | A | H | M | A | R | E | S | A | U |
| E | L | S | A | C | R | O | R | I | L | E |
| A | L | E | R | T | E | D | V | A | S | T |
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| A | M | A | S | S | P | R | E | F | E | B |
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| F | E | L | T | O | L | E | L | O | S | T |
| F | E | T | E | Y | E | S | A | R | T | E |



**CAN DRIVE & Hot Dog Sale.** Proceeds for Grayling High School Football. Sponsored by Rochettes IGA, 508 N. James, Saturday, June 7, 10 a.m. to 3 p.m. Also, bottle and can drop off on Friday, June 6, 6 p.m. to 9 p.m. at Northend Grocery, Frederic; 7-Eleven, Grayling, and Ole Barn (M-72 West and M-93) Grayling. (-29-5/8)

**GRAYLING HOLIDAY INN'S** Speakeasy Saloon live entertainment. Wednesday thru Saturday bands playing. May 28 - May 31 Live Entertainment. June 4 and 5 DJ Cal, June 6 and 7 FLY. Happy Hour is back! 11 a.m. to 9 p.m. 25 oz. drafts, \$2; Bass Ale and Guinness Stout, 25 oz., \$5. (-29/8)

**NOW AND AGAIN STUDIO** May custom framing sale. 15% off already low prices. Mother's Day, graduation, engagements, sports. Bring in your photos or art work or choose from an array of limited edition prints and other artwork available at the studio. 6251 W. M-72. (989) 344-2232 (-8-15-22-29/8)

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**LUNCHEON** Hot and/or Cold Foods. Salad and Dessert included. \$5 per person. Thursday, June 5 from 11:00-1:00 p.m. Take out available. Michelson Memorial United Methodist Church. (-29/8)

**STEVEN'S FAMILY CIRCLE** has extended its hours for summer. Now open Monday through Thursday, 8 a.m. till 8 p.m. Friday and Saturday, 8 a.m. till 9 p.m. New summer menu and cool treats. (-29/8)

**May 30, 31** 9:00 to 6:00 Rasmus Drive, follow signs by Old Red Barn. Clothing 25 cents, toys, books, help us declutter. Everything priced to sell! (-29/10)

**YARD SALE** Friday, May 30 and Saturday, 31 from 9 a.m. to 4 p.m. Furniture, clothes, Christmas decorations, golf and tennis things, household and miscellaneous items, also free box. Take 72 West to Ole Dam Road, turn right, go to Nottingham, turn left go to number 6939. (-29/10)

**300 ELM ST.** Friday, Saturday, Sunday. 9:00-5:00 (-29-5/10)

**401 ROSE, GRAYLING** Two family, recliner chairs and much more. May 29, 30, 31. 9:00-4:30 (-29/10)

**EVERYTHING MUST GO!** Household, baby and miscellaneous items. Boys clothes up to size 7. 820 Roberts Rd., Saturday, 9:00-3:00. (-29/10)

**BOARDS & BEYOND SKATE SHOP** Our last week open, unbelievable discounts. Everything must go! Tuesday - Friday, 3-6 p.m. (-29/10)

**GARAGE SALE/MOVING SALE** Tools, clothes, furniture, guns, household items, trucks, RV generator and lots, lots more. It's all got to go! Friday-Sunday, 8:00 to ? 1386D Ole Dam Rd. (-29/10)

**'96 CHEVY TAHOE** Four wheel drive, loaded. \$9,500 Office (989) 348-5280. Home (989) 348-6570 (LR6/26/03/11)

**1994 CAMARO Z-28** T-top loaded Cold AC, Lt1, 350, 6-speed. Asking \$5,900. Five like new Wrangler P-265 75 R16 asking \$300. '97 Dodge parts. Chrome roll bar, brush guard, step bars, cover lights, best offer. '93 Chevy Conversion van runs great, no reverse. \$3,000 best. (989) 275-1187 (-29/11)

**THE CAR LOT** is always open in the Avalanche classifieds. (989) 348-6811

**1989 MERCURY** Grand Marquis Runs good, some rust. \$800 or best offer. (989) 348-5769 (-29/11)

**1991 LINCOLN CONTINENTAL** Good shape. 139,000 miles. \$2,500 (989) 348-8694 (-29/11)

**1993 PONTIAC BONNEVILLE SSE** Burgundy leather, loaded, looks and runs good. \$1,900 (989) 275-0616 (-29-5/11)

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Grayling  
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# 11. Automotive

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- Oil change (up to five quarts of oil)
- Oil filter
- Chassis lube
- Fluid level checks
- Brakes - differential transfer case - transmission windshield washer
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- No Appointment Necessary
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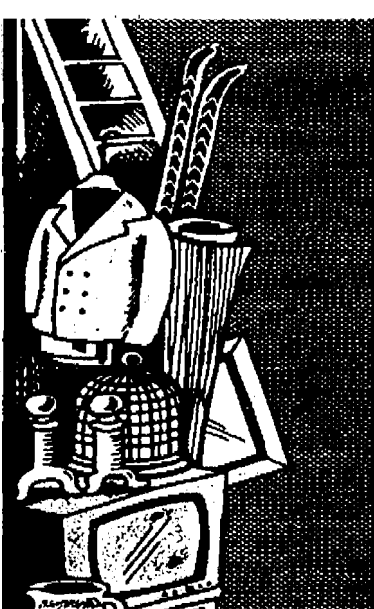
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**REACH 2 MILLION** Michigan readers with a 2 x 2 display ad for only \$949 - Contact this newspaper for details.

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Submit your  
hometown news to the  
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"YOUR HOMETOWN NEWSPAPER"

# Find out exactly how smart you really are

Northern Michigan Mensa, local chapter of Mensa, the High IQ Society, is asking the northern Michigan region to find out just how smart they are.

The group will offer the Mensa Admissions Tests in Traverse City on Saturday, May 31. Approximately one in 50 Americans qualifies for admission, potentially 10,000 people

just in northern Michigan. If you can answer questions such as, "What is the number which is 10 more than one-fourth of one-tenth of one-fifth of 800?" or "What one word can mean 'to run a motor at slow speed,' 'unemployed,' or 'not busy'?", you may be Mensa material.

Not sure if you're smart enough to take the test? Watch

"Test the Nation" on FOX at 8 p.m. on Monday, June 9. During the live, two-hour program, a studio audience will take a brief intelligence test developed with Mensa psychologists. The public can take it with them online at [www.testonfox.com](http://www.testonfox.com).

As part of this unique event, test-takers will provide demographic information to allow

viewers to see whether blondes or brunettes, accountants or construction workers, Libras or Virgos are more intelligent.

Mensa membership is available to all who score at or above 98 percent of the general population on a standardized, professionally administered intelligence test. Anyone age 14 or over can take the Mensa Admissions Tests, and an alternate version is available for those with language or other difficulties.

Mensa Admissions Tests will be administered at 9:30 a.m. on Saturday, May 31 at Northwestern Michigan College in Traverse City, in the Beckett Building's Room 136. Cost to take the test is \$30. Call (231) 275-6735 to pre-register.

For more information on the May testing session or to request testing in your area, contact Dr. John D. Schultz, Proctor Coordinator, at the telephone number stated above, or by email at: [nwoodpc@chartermi.net](mailto:nwoodpc@chartermi.net).

For more information about Mensa, activities in northern Michigan, or how to join, see the Northern Michigan Mensa web-site at [nmm.us.mensa.org](http://nmm.us.mensa.org).

## Web page dedicated to reducing nuisance calls, spam, junk mail

► Levin launches Web page to help reduce unwanted solicitations

WASHINGTON, DC - Sen. Carl Levin (D-MI) has launched a page on his web site providing information on how consumers can reduce unwanted solicitations, in an effort to eliminate nuisance and the rising costs associated with junk mail, spam e-mail and telemarketers.

This is a problem that affects not only Michiganders, but all Americans.

"Many constituents have written or called me to complain about the amount of junk mail, spam e-mail, and calls from telemarketers they receive," said Levin. "While eliminating these solicitations entirely is not as easy as it ought to be, there are ways to reduce the flow to your home. It is my hope that the suggestions offered on my web site will make it a little easier to reduce the amount of unwanted solicitations that are received every day."

All three of these forms of solicitation have been shown to be wasteful and costly, especially due to the recent gross influx.

There is evidence of increased fraud and abuse associated with the rapidly growing number of businesses selling products over the telephone.

According to the Environmental Protection Agency, junk mail produces 4,000,000 tons of solid waste annually, which contributes to deforestation and adds to our landfills.

Yet another problem is spam e-mail, which litters the inboxes of almost everyone with an e-mail address. Spam drives up the cost of Internet service as providers need to upgrade systems to deal with the high volume of e-mails.

More information about the effects of undesired advertising and how to avoid it are located on Senator Levin's web site: [levin.senate.gov/issues/solicitations.htm](http://levin.senate.gov/issues/solicitations.htm).

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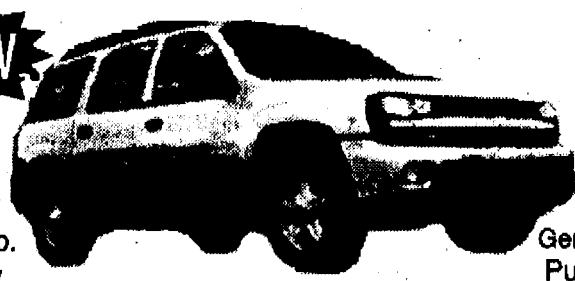
General Public

**\$339 mo. ← LEASE → \$383 mo.**  
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**\$21,800 ← BUY → \$23,309**  
0% for 60 mo.!

Be a HERO!! Just imagine how quiet your travels will be with the kids being entertained watching their favorite DVD or listening to their favorite CD on wireless headphones Stock #19816

## 2003 CHEVY TRAILBLAZER 4X4

NEW



GM Emp. /Family

General Public

**\$290 mo. ← LEASE → \$338 mo.**  
(No Money Down!!)  
**\$21,957 ← BUY → \$23,587**  
0% for 60 mo.!

What a great deal! LS trim with lots of options. Northern Michigan premier vehicle! stock # 19832

## 2003 Pontiac Grand Am GT

NEW



GM Emp. /Family

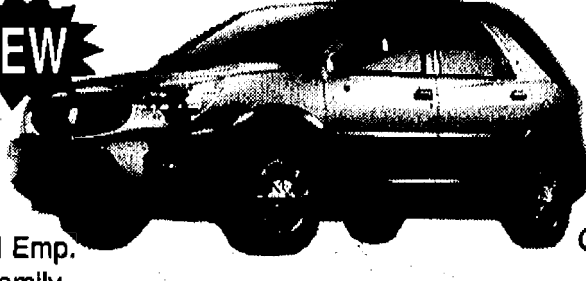
General Public

**\$220 mo. ← LEASE → \$248 mo.**  
(No Money Down!!)  
**\$16,595 ← BUY → \$17,814**  
0% for 60 mo.!

Awesome loaded GT with power moonroof, power option wheels, CD, the works! Unheard of price and payments stock #19735

## 2003 Buick Rendezvous

NEW



GM Emp. /Family

General Public

**\$243 mo. ← LEASE → \$284 mo.**  
(No Money Down!!)  
**\$18,142 ← BUY → \$19,512**  
0% for 60 mo.!

WOW! A really beautiful new Buick Rendezvous with lots of options and unheard of prices! stock # 19709

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Models! Call For  
Details!

### Next to New Cars

|                                                                                                                                                           |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 2000 CHEVY MALIBU LS<br>V6, power windows and doors, CD/Cassette, real nice!<br>#19287-1 Was \$13,488 Blowout Price                                       | \$11,988 |
| 2001 CHEVY MONTE CARLO SS<br>Wow! Flame Red with power moon roof and lots of goodies!<br>This one won't be here long! #19343-1 Was \$19,988 Blowout Price | \$17,988 |
| 2000 OLDSMOBILE INTRIGUE<br>V6, power, nice!<br>#5028-1 Was \$13,988 Blowout Price                                                                        | \$11,988 |
| 2003 PONTIAC VIBE<br>Auto, air, CD, power options, Satellite Silver, only 10,000 miles!<br>A lot less than new! #4944 Was \$17,988 Blowout Price          | \$16,488 |
| 2003 PONTIAC BONNEVILLE SLE<br>Loaded! Leather with power moonroof only 15,000 miles<br>#5027 Was \$27,988 Blowout Price                                  | \$24,988 |
| 2000 CHEVY MONTE CARLO<br>LS- Loaded! Check it out! #19464-1 Was \$12,988 Blowout Price                                                                   | \$10,988 |
| 2002 PONTIAC BONNEVILLE SSEI<br>Whoo! moonroof, chrome wheels, leather, the works!<br>#5025 Was \$28,988 Blowout Price                                    | \$25,988 |
| 1998 BUICK PARK AVENUE<br>Really nice and loaded! A great car for the money! #4921-1<br>Was \$12,988 Blowout Price                                        | \$10,488 |
| 2000 CHEVY IMPALA<br>Really nice car, fully equipped! #4991 Was \$14,988<br>Blowout Price                                                                 | \$12,988 |
| 2001 CHEVY MALIBU<br>6 cyl., clean, and equipped right! #19683-1<br>Was \$13,988 Blowout Price                                                            | \$11,988 |
| 1997 CADILLAC DEVILLE<br>De/Elegance, loaded, in great shape! Only 67,000 miles. #19892-1<br>Was \$14,988 Blowout Price                                   | \$12,988 |
| 2000 CHRYSLER 300M<br>Leather and loaded! Only 37,000 miles! #19145-3<br>Was \$17,488 Blowout Price                                                       | \$15,488 |
| 2001 OLDSMOBILE AURORA<br>Awesome white diamond with power moonroof! All the goodies!<br>A peach! #5048<br>Was \$18,988 Blowout Price                     | \$17,988 |

### Clean Cars Under \$10,000

|                                                                                                                                           |         |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 1993 FORD TAURUS<br>Crimson! Perfect car, only 40,000 miles, this one won't last! #19840-1<br>Was \$6,988 Blowout Price                   | \$5,988 |
| 1997 FORD TAURUS GL<br>Nice car equipped right! Only 70,000 miles!<br>#19742-1 Was \$6,988 Blowout Price                                  | \$5,488 |
| 1998 FORD TAURUS GL<br>Loaded with options, clean and nice! Has some miles, but the<br>price shows it! #19457-1 Was \$6,988 Blowout Price | \$4,988 |
| 1999 CHEVY CAVALIER<br>4dr. Auto with air! Very nice and clean!<br>#5017 Was \$6,988 Blowout Price                                        | \$6,988 |

### Next to New Trucks, Vans, SUV's

|                                                                                                                                                     |         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 1998 PONTIAC SUNFIRE<br>4 dr., only 40,000 miles! Clean and sharp! Red! Worry Free<br>4 mo./4,000 warranty! #19263-1 Was \$12,988 Blowout Price     | \$9,988 |
| 1998 BUICK LESABRE<br>Custom, popular "Sandrift" color, very nice and sharp!<br>#19138-2 Was \$10,988 Blowout Price                                 | \$9,488 |
| 1999 CHEVROLET MALIBU LS<br>With leather! Loaded, real nice! #19463-1 Was \$10,988 Blowout Price                                                    | \$8,988 |
| 1992 MERCURY GRAND MARQUIS<br>Real clean, has miles, but priced right!<br>#19124-1 Was \$3,488 Blowout Price                                        | \$2,488 |
| 1998 PLYMOUTH BREEZE<br>Clean car, would make a great second car or good transportation for your teenager!<br>#5047 Was \$5,988<br>Blowout Price    | \$4,488 |
| 1997 LINCOLN TOWN CAR<br>Wow! Very sharp and clean! Has some miles, but a local owner trade in! Looks New!<br>#19807-1 Was \$6,988<br>Blowout Price | \$7,488 |
| 1995 FORD MUSTANG<br>Clean and sporty! #19468-3<br>Was \$5,988 Blowout Price                                                                        | \$5,988 |
| 2000 DODGE NEON<br>Air, CD, 5 speed, manual trans, clean! #19631-1<br>Was \$7,988 Blowout Price                                                     | \$6,488 |
| 1996 OLDS CUTLASS SUPREME<br>Nice car! Great price! #18758-3<br>Was \$5,988 Blowout Price                                                           | \$4,488 |
| 1999 CHEVY CAVALIER 2DR<br>Auto with air, clean and nice. Only 37,000 miles! New Tires! #19852-1<br>Was \$5,988 Blowout Price                       | \$4,988 |

### Clean Trucks, Vans, SUV's Under \$10,000

|                                                                                                                                                                   |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1998 PLYMOUTH GRAND VOYAGER SE<br>Fully equipped, only 65,000 miles. These are \$30,000 brand new!<br>#19311-1 Was \$11,988 Blowout Price                         | \$10,488 |
| 2000 FORD WINDSTAR<br>SE package, fully equipped, very clean, low, low payments!<br>#19107-1 Was \$13,988 Blowout Price                                           | \$12,488 |
| 1999 GMC SONOMA EXT. CAB 4X4<br>SLS, fully equipped, very clean and sharp!<br>#4918 Was \$15,988 Blowout Price                                                    | \$11,988 |
| 1999 S-10 EXT. CAB<br>2 wheel drive, 3rd door, auto., air, LS, th, cruise! A great little truck<br>for a little bit of money! #4825 Was \$13,988 Blowout Price    | \$11,988 |
| 2001 CHEVY TAHOE 4 DR. 4X4<br>LS trim with 3rd row of seats! Very comfortably equipped with<br>only 16,000 miles! #4940 Was \$30,988 Blowout Price                | \$28,988 |
| 2003 PONTIAC MONTANA ALL WHEEL DRIVE<br>Awesome - only 9,000 miles! DVD rear entertainment package<br>(you'd be a hero!) Loaded! #4994 Was \$27,988 Blowout Price | \$25,988 |
| 1998 CHEVY BLAZER 4DR 4X4<br>Wow! Only 48,000 miles! Great deal! #19791-2 Was \$12,988<br>Blowout Price                                                           | \$10,988 |
| 2003 CHEVY ASTRO ALL WHEEL DRIVE<br>LT with leather! Loaded! Only 8,000 miles. #5049<br>Was \$26,988 Blowout Price                                                | \$24,988 |
| 2000 CHEVY BLAZER 4DR 4X4<br>LT Trim, really nice! #5030<br>Was \$17,988 Blowout Price                                                                            | \$15,988 |
| 2000 CHEVY SILVERADO EXT. CAB 4X4<br>V8, auto, LS, equipped! #19824<br>Was \$18,988 Blowout Price                                                                 | \$17,988 |
| 1997 FORD RANGER<br>6 cyl., auto, with topper, very clean, only 86,000 miles!<br>#5035 Was \$4,488 Blowout Price                                                  | \$2,988  |
| 1997 DODGE DAKOTA<br>Auto, V6, only 92,000 miles! #19248 Was \$5,988 Blowout Price                                                                                | \$2,988  |
| 1996 GMC SUBURBAN 4X4<br>SLT with leather, only 95,000 miles! Priced just right!<br>#4896-1 Was \$11,988 Blowout Price                                            | \$9,988  |
| 1995 CHEVY BLAZER 4X4<br>2 dr., nice looking 4x4 sport utility!<br>#19210-2 Was \$6,988 Blowout Price                                                             | \$6,988  |
| 1993 CHEVY S-10 REGULAR CAB<br>V-6, stick, Runs Good! #19898<br>Was \$2,488 Blowout Price                                                                         | \$1,988  |
| 1998 JEEP CHEROKEE 4DR 4X4<br>NICE! #4967-1<br>Was \$6,988 Blowout Price                                                                                          | \$4,988  |
| 1991 FORD RANGER 4X4 SUPERCAB<br>A Bargain!! #19712-2<br>Was \$3,988 Blowout Price                                                                                | \$2,988  |

PONTIAC

Cadillac

Oldsmobile

GM

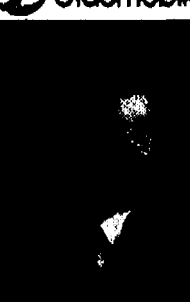
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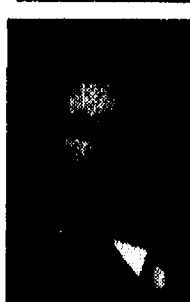
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# HEALTH

A GUIDE TO FAMILY HEALTH CARE

2003



A Special Section Published By  
*Crawford County Avalanche*



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# Study Reveals Molds Pervasive in U.S. Homes

(NUI) — According to a recent study conducted by the University of Arizona, the molds most commonly linked to allergies and asthma are growing in every home in America, often in sites that are not routinely cleaned and disinfected.

"Mold flourishes in places that people do not tend to think about when cleaning," said Dr. Kelly Reynolds of the University of Arizona Environmental Research Laboratory, who led the study.

The seven-state study found mold most often on windowsills, in refrigerator seals, under kitchen sinks and on air vents.

Mold also was found at high levels in the bathroom, where people tend to concentrate cleaning efforts, suggesting more frequent and effective cleaning is necessary.

The study did not seek to determine the incidence of *Stachybotrys* — commonly referred to as "hidden," "toxic" or "black" mold,

which generally grows behind walls, under stairs or beneath ceiling tiles as the result of a water leak. Because of potentially serious health consequences, if the presence of *Stachybotrys* is suspected, the home should be checked immediately by a trained professional.

If not properly removed, even common molds can aggravate symptoms of allergies and asthma.

"If mold spores are deposited in the lining of the nose, they can cause hay fever-like symptoms, including sneezing, itching and congestion," said Bill McLin, executive director of the Asthma and Allergy Foundation of America. "If these spores reach the lungs, they have the potential to trigger asthma."

Mold enters the home through open doors and windows or on clothing, shoes and pets. Inside, mold can grow on virtually any surface when moisture is present.

According to AAFA, you

can reduce mold growth throughout the home by:

- Keeping humidity below 40 percent.
- Using an air conditioner or dehumidifier during humid months.
- Making sure your home has adequate ventilation.
- Drying any water leak within 24 hours.
- Removing carpet in bathrooms and basements.
- Disposing of moldy materials immediately.
- Cleaning hard surfaces regularly with mold-killing products. Allergy or asthma sufferers should ask nonsensitive people to apply cleaning products.

Solutions of soap and water may remove mold stains, but can leave mold spores behind. Those remaining spores, which are often invisible to the naked eye, can then quickly re-colonize. To decrease mold in homes, clean regularly with a product like Tilex Mold and Mildew Remover, which is proven to kill and remove 99.9 percent of common household molds.

Because of the potential sensitivities of allergy and asthma sufferers to cleaning products, cleaning should be done by a nonsensitive individual and the area should be allowed to ventilate before reentry.

Always read and follow all precautions and usage directions before using cleaning products. For more information on mold, allergies and asthma, log on to [www.aafa.org](http://www.aafa.org).

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# Tips to Help You Feel Good and Live Longer

(NUI) - If you want to look good, feel good and live longer, health experts recommend eating a balanced diet and good old-fashioned exercise.

Although it can be tempting to go on the latest fad diet and easy to watch television on the couch instead of working up a sweat, this type of lifestyle can be detrimental to your health. Fad diets are quick fix-it solutions that probably won't keep weight off in the long term.

For healthy eating, choose a diet low in fat and cholesterol and high in vegetables, fruits and grains.

Exercise, besides helping you lose weight, can improve your health, lift your spirits, give you more energy and reduce stress. For overall fitness, experts recommend at least 30 minutes of moderately intense physical activity (such as walking, cycling, swimming or yard work) on all or most days of the week.

So how do you get motivated?

Remember that small changes add up, so you don't have to tackle everything at once. Concentrate on one thing at a time and you will gradually develop a new, healthy lifestyle. Here are some tips on how to incorporate healthy nutritional and fitness changes into your daily life:

- **Look ahead.** Plan your meals ahead of time to avoid eating on the run and making poor food choices.

- **Shop wisely.** Hit the outside aisles first. That's where the vegetables, fruits and grains are usually found.

- **Order carefully.** In restaurants, ask for foods that are broiled, grilled, baked or steamed instead of fried.

- **Substitute healthy alternatives.** For example, use lowfat yogurt instead of mayonnaise and sour cream, flavor vegetables with lemon juice and herbs instead of salt, and use two egg whites instead of one whole egg in your favorite recipes.

- **Sneak extra exercise into your routine.** Take the stairs instead of the elevator. Park at the far end of the parking lot and walk to your destination. Get up from your desk during the day to stretch and walk around.

- **Do chores yourself.** Mow your own lawn, rake your own leaves and carry your own groceries.

- **Make exercise fun.** Choose an activity you enjoy and one that fits your lifestyle. Find an exercise partner for motivation and socialization.

- **Set realistic goals.** If you miss a day, just get back on track the next day and don't give up if you don't see immediate results. Be sure to work some rest days into your schedule.

For more tips, call 1-800-638-5433 for the free Life Advice brochures "Eating Right" and "Fitness and Exercise."

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## Seven Tips to Help You Avoid Knee Injuries

(NUI) - If you love to play sports, a knee injury or knee pain can put a damper on your fun, or worse, could lead to arthritis later, as some research indicates.

No matter how athletic you are, it's important to protect yourself. Injuries can happen to anyone, but you can reduce your risk with some precautions. Tearing the anterior cruciate ligament is one common knee injury.

The ACL connects the thighbone to the shinbone. It is the protective ligament that stabilizes the knee. It can tear as a result of a sudden twist at the joint, extreme pressure, overuse or direct impact to the knee.

ACL tears occur often in contact sports such as basketball, soccer and volleyball. They also are common in gymnastics and skiing.

Women are more prone to ACL tears. One reason for that could be that they maneuver differently when playing a sport, in a way that puts extra pressure on the knees.

To help lower your risk of a knee injury, follow these tips:

- Warm up and stretch before a workout or playing a sport.

- Do strengthening exercises, particularly the leg muscles around your knees.

- Condition your body regularly. If you only play a sport during certain times of the year, keep your body in shape

during the off season.

- Stop when you are tired. Injuries often occur at the end of an activity when the muscles and joints are fatigued.

- Wear proper shoes that are designed to provide support for the sport you play.

- Practice proper techniques when landing and turning to avoid putting unnecessary

pressure on the knees. If you don't know these techniques, seek the advice of a sports medicine expert.

- Don't increase your intensity too much at once. It's better to do it gradually. The rule of thumb is no more than 10 percent per week.

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# Physical Activity, Better Eating Key to Good Health

(NUI) – Would you like to have more energy, reduce stress, and tone your body? Feel good and improve your health in many ways by moving more and eating better, say experts from the National Institutes of Health.

More than half of adult women over age 20 in the United States are overweight or obese, according to the Centers for Disease Control and Prevention. African-American and Mexican-American women have the highest rates, with nearly 66 percent considered overweight or obese.

Overweight and obesity have been linked to type 2 diabetes, heart disease, high blood pressure, stroke, osteoarthritis and breast, uterine and colon cancers. Reproductive problems and depression are also associated with overweight and obesity.

Moving more and eating better not only help you lose weight if you need to, but help you feel better, look better,

and have more energy.

To make physical activity fun, choose something you enjoy, like dancing, rollerblading, walking, biking or playing sports. Be active with a friend or your children. That way, you can spend time with loved ones and do something good for your health, too.

When you start moving more, make sure you fuel your body with healthy foods. As you begin to make small changes in your eating habits, try these time-saving tips:

- Buy foods that are easy to prepare, like pasta, tuna or rice and beans.
- Plan ahead and cook enough to last. Leftovers save time and money.
- Buy frozen or canned vegetables and canned fruit pack-

aged in juice.

For more tips on fitting healthy habits into your hectic family schedule, request the free brochure "Energize Yourself and Your Family," which is part of the "Sisters Together, Move More, Eat Better" brochure series from the

Weight-control Information Network. WIN is a national service of the National Institute of Diabetes and Digestive and Kidney Diseases of the NIH.

Brochures with health tips written specifically for young women and mature women are also available. To receive your free copies, call 1-877-946-4627 or visit:

www.niddk.nih.gov/health/nutrit  
(Copyright© 2003 NewsUSA - www.newsusa.com)

## What to Do When Someone You Love Has Arthritis

(NUI) – If you live with a family member who has arthritis or if you have a friend who has the disease, it may be difficult to cope – not only for them but for you.

You've probably scoured the Internet or your local library for research on arthritis, but there is a lot to learn.

Arthritis is a condition that causes pain, stiffness and swelling in the joints. There are more than 100 different types of arthritis, and currently, no cure is known. According to the U.S. Centers for Disease Control and Prevention, arthritis and related conditions affect an esti-

mated 43 million Americans, or about one out of six people. By 2020, an estimated 60 million Americans will be affected by arthritis.

People who have arthritis often find it challenging to do everyday tasks, especially those that put pressure on the joints, including opening jars and cans, gardening, housework and even bathing. Arthritis is the leading cause of disability in the United States. While you may not be able to know exactly what your loved one is going through, it's important to offer your love, support and compassion.

(Continued on Page 5)

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# Take Charge of Your Health This Summer

(NUI) – Once school is out, you may find yourself spending more time in front of the television or the computer. But you and your friends should take advantage of the extra time, longer days and warmer temperatures by becoming more physically active.

Regular physical activity will help you feel better and give you more energy. It helps you think and concentrate better. Plus, activity can decrease boredom, ward off depression and help you handle stress.

Basketball, swimming, rollerblading, biking or mowing the lawn are great activities, but whatever you do is up to you. Just pick something that you like to do and stick with it. You don't have to give up instant messaging – just make sure that you also fit physical activity into your day.

Along with being active,

healthy eating is important to feel your best. Examine your eating habits. As a teenager, you need to eat a variety of foods that will help your body grow properly.

If you eat a lot of burgers and fries or pizza loaded with greasy toppings, your diet is probably not balanced. There's nothing wrong with eating these foods – just eat them in smaller amounts and try to balance them with healthier foods.

If you eat in places such as your room or in front of the TV, you may want to change that habit. Eating while doing other things makes it easy to lose track of how much you've already eaten.

By eating meals and snacks at the dinner table, you can pay more attention to what you're eating so that you don't overeat. If you want to snack

while watching TV, take a small amount of food with you, such as a handful of pretzels or a couple of cookies – not the whole bag.

You can take charge of your health by making small changes in your physical activity and eating habits. Give it a try this summer. You will feel and look better, and be healthier for the rest of your life.

For more tips on ways to be active and eat well, order the free booklet "Take Charge of Your Health! A Teenager's Guide to Better Health" by contacting the Weight-control Information Network at 1-877-946-4627 or visiting [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm).

WIN is a national information service of the National Institutes of Health.

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## What to Do When Someone You Love Has Arthritis

(Continued from Page 4)

Here are some tips that can help when someone close to you is suffering from arthritis:

- **Do your homework.** Learn all you can about arthritis. The more you know, the more you'll be able to help. But also be realistic in your expectations of how much you can do.

- **Do things to help ease your loved one's pain.** Offer to cook dinner or help with household chores on the days his or her joints are in the most pain. Offer to help apply a pain-relieving ointment to those hard-to-reach areas. Topical pain relievers can help

bring relief and are available in stores where health care products are sold.

- **Include your loved ones who have arthritis in social activities.** Don't assume they won't want to come along because arthritis is holding them back. That is their decision to make, but whether or not they take you up on your offer, your invitation will be appreciated.

- **Join a support group.** Don't be afraid to ask others for help. Talking to people who are in a similar situation is a great way to get new ideas. Share your experiences and see how much you can learn.

- **Be nice to yourself.** Caring for a loved one with arthritis can be stressful. Don't neglect your own needs. Take time out to relax and keep your body healthy, too.

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# Calcium and Vitamin D: Both Key to Bone Health

(NUI) - While many people know calcium is important for strong bones, vitamin D is often the "forgotten nutrient" when it comes to bone health.

In a national survey recently conducted by Minute Maid, 94 percent of Americans correctly identified the bone-strengthening benefit of calcium, but only 51 percent were aware that vitamin D also is key to building and maintaining strong bones.

Vitamin D is important because it helps the body absorb calcium. In conjunction with calcium, vitamin D helps build and maintain strong bones. Without enough vitamin D and calcium, people may be susceptible to bone-density loss and, eventually, osteoporosis.

According to the National Osteoporosis Foundation, osteoporosis and low bone mass are threats for more than half of Americans aged 50 and older.

"When people think about calcium, they also need to

think about vitamin D," said Dr. Michael Holick, director of the Bone Healthcare Clinic at Boston University Medical Center. "Without incorporating both into their diet, people are shortchanging themselves."

There are only a few natural sources of vitamin D, including fatty fish, fish oils, egg yolks and direct exposure to sunlight. Vitamin D also is available in fortified milk and in new Minute Maid calcium and vitamin D fortified juices. The juices are available nationwide and have the same amount of calcium and vitamin D per serving as vitamin D-fortified milk.

Use the following "three Ds" to help build strong bones:

- **Demand vitamin D, as well as calcium.** Maintaining a balanced diet that is rich in

vitamin D and calcium helps strengthen bones. Avoiding alcohol and smoking also helps prevent bone density loss.

- **Do weight-bearing exercises.** Walking, running and lifting weights puts pressure on bones, making them even stronger.

- **Don't wait.** Although osteoporosis is most prevalent in older Americans, laying the foundation for good bone health should start early in life. Adolescence is a vital time for building strong bones, which can help combat losses later in life. Typically, people begin losing bone mass in their mid-30s.

For more information on vitamin D and bone health, visit [www.minutemaid.com](http://www.minutemaid.com).

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## What's Stopping You From Being Active?

(NUI) - Have you ever started a physical activity program but stopped after a week? What made you stop?


Are you too tired, too busy or simply unmotivated? It may be hard to stick to the routine at first, but once you begin to exercise regularly, you'll realize the pros far outweigh your initial reasons for not being active.

Regular physical activity helps you feel great. It can make you more energetic and helps you look good in your clothes. It also may help you avoid type 2 diabetes, high blood pressure, heart disease, stroke and some forms of cancer.

Figuring out what prevents you from getting your 30 minutes or more of moderate-intensity physical activity a day can help you stay with a program for the long term. These tips from the Weight-control Information Network (WIN) may make it easier for you to become and stay physically active:


- If you do not have time to be active, try doing 10 minutes of physical activity three times a day or planning activities that get your family moving - like a softball game or a walk through the zoo.

(Continued on Page 7).



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That is why most people do whatever they can to defend themselves against illness. Because the spine plays such an important role in the body's nervous system, regular spinal examinations are recommended by doctors of chiropractic as part of your body's defense against illness.

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# Get Your Kids on Track to Better Nutrition

(NUI) - When you think about the foods children love, macaroni and cheese, pizza, and peanut butter and jelly sandwiches probably come to mind. But just because your kids are eating the foods they love doesn't mean they're getting balanced meals.

Studies show that children don't always get the nutrients they need, whether it's at home or in school. For instance, in its 2002 report on the quality of school lunches, the Physicians Committee for Responsible Medicine gave unsatisfactory grades to six out of the nation's 10 largest school districts that participate in the National School Lunch Program.

A child's diet is important not only for his or her overall health, but also for school performance.

Nutrition experts believe

that children who eat healthy, especially at breakfast time, have better problem-solving skills, coordination and concentration. Proper nutrition early on also may prevent future health problems, such as obesity, diabetes and weak bones.

But feeding adolescents can be a challenge, especially if they are finicky eaters. So, what can parents do to keep their children from raiding the cookie jar? Here are some tips:

- Set a good example by eating healthy meals and snacks. Your children will follow your lead.
- Never force your children to eat if they're not hungry.
- Keep track of serving sizes. A child's portion is considerably smaller than an adult's.
- Make cooking fun by

involving children in the kitchen. Instead of calorie-loaded chocolate chip cookies, try making a fresh fruit smoothie together.

• Keep healthy foods within easy reach for breakfast and snacks. Cereal bars and pre-cut fruits and vegetables are easy to grab on the go.

With today's busy schedules, many parents need help keeping youngsters on the right track to healthy eating habits. One way to compensate is through nutritional supplements developed for children, like Medifast's new "Fit!" line. A healthy alternative to fast food and sweets, Medifast's shakes and nutrition bars are designed to complement an adolescent's regular diet and exercise regimen.

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## What's Stopping You From Being Active?

(Continued from Page 6)

- If you do not feel safe in your neighborhood, try forming a group of people to walk, jog or bike together; working out with videos in your home; or taking a class at a nearby community center or fitness center with a friend.
- If you do not have child care, try walking, biking or playing tag with your child.
- If you do not want to ruin your hairstyle, try a natural hairstyle; a short haircut;

braids, twists or locks; or a hairstyle that can be wrapped or pulled back.

- If you do not like to exercise, try taking a class like dance or yoga, or being active with a friend or group.

Use these ideas to help you beat the roadblocks that prevent you from being active. And work toward a goal of doing at least 30 minutes of moderate-intensity physical activity on most days of the week, preferably every day.

For more ways to add physical activity into your life, eat better and have a healthy weight, contact WIN at 1-877-946-4627 or [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm). WIN is an information service of the National Institutes of Health (NIH), which is part of the U.S. Department of Health and Human Services (DHHS).

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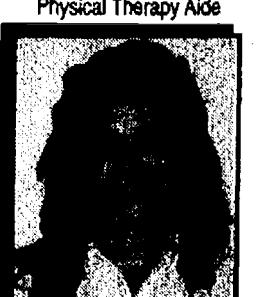
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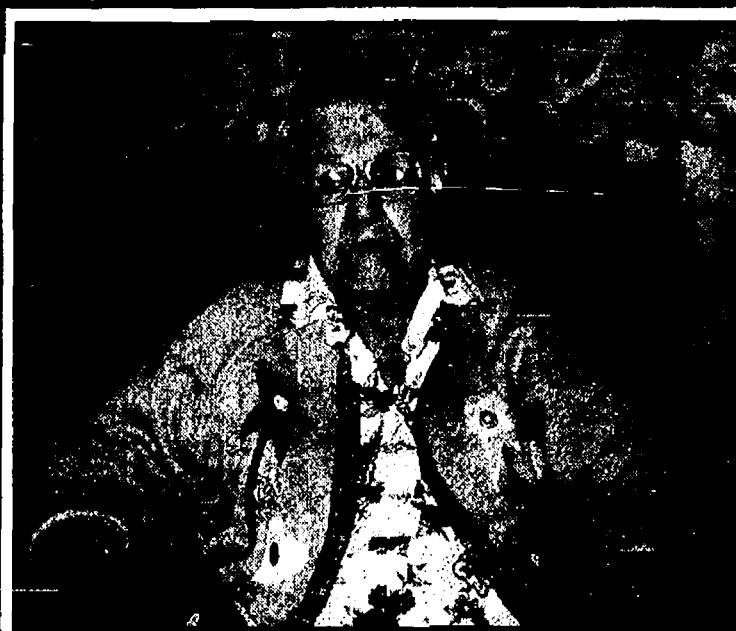
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Evelyn Lozon - a resident of Grayling Nursing Centre for the past nine months has these comments.

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## Prevention Remains Key to Treating Back Pain

(NUI) — Every year employees across the United States cost American businesses an estimated \$100 billion in work-related stresses such as back pain, eyestrain, headaches and neck aches.

In fact, back problems are second only to the common cold in the number of sick days taken by workers.

According to the American Osteopathic Association, depending on the cause, back pain can occur in different areas of the back while inflicting different types and degrees of pain.

Back pain can occur as a result of bad personal health habits and personal risk factors such as smoking, excessive weight gain, lack of exercise, lack of flexibility and unnecessary strain, according to the AOA.

Some patients may experience the occasional dull pain while others suffer from constant agonizing pain making even the simplest movements difficult. Either way, both types prohibit people from

completing normal daily activities.

While back pain can be very complex, difficult to diagnose and involve a wide variety of treatment options with various risks and benefits, osteopathic physicians (also known as D.O.s) suggest the following tips to prevent or minimize the occurrence of back pain:

- **Practice good posture.** Whether you sit at a desk typing on a computer or work construction, you should sit up straight, lift with your legs, and avoid awkward bending and twisting.

- **Refrain from excessive strenuous activities.** Limit the amount of time spent performing heavy manual labor and participating in strenuous sports.

- **Consider all your options.** After examining a patient with chronic back pain, a physician can determine if surgery, medication or other forms of treatment may solve the problem. In some instances, muscle relaxers or pain relievers

may help to ease the pain. In other cases, surgery might be needed to repair damaged muscle or tissue.

Some doctors of osteopathic medicine recommend that patients try osteopathic manipulative treatment. This includes the D.O. using his or her hands to examine the back and other parts of the body such as joints, tendons, ligaments and muscles, for pain and restriction during motion that could signal an injury or impaired function.

Regardless of the method of treatment your physician chooses for your situation, practicing healthy habits and taking preventive measures will reduce your chances of suffering from back pain whether you are 5 years old or 75 years old. And taking care of your body before a problem appears is always the best medicine.

For more information on D.O.s, visit the AOA's Web site at [www.aoa-net.org](http://www.aoa-net.org).

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## Should medical physicians refer to chiropractors?

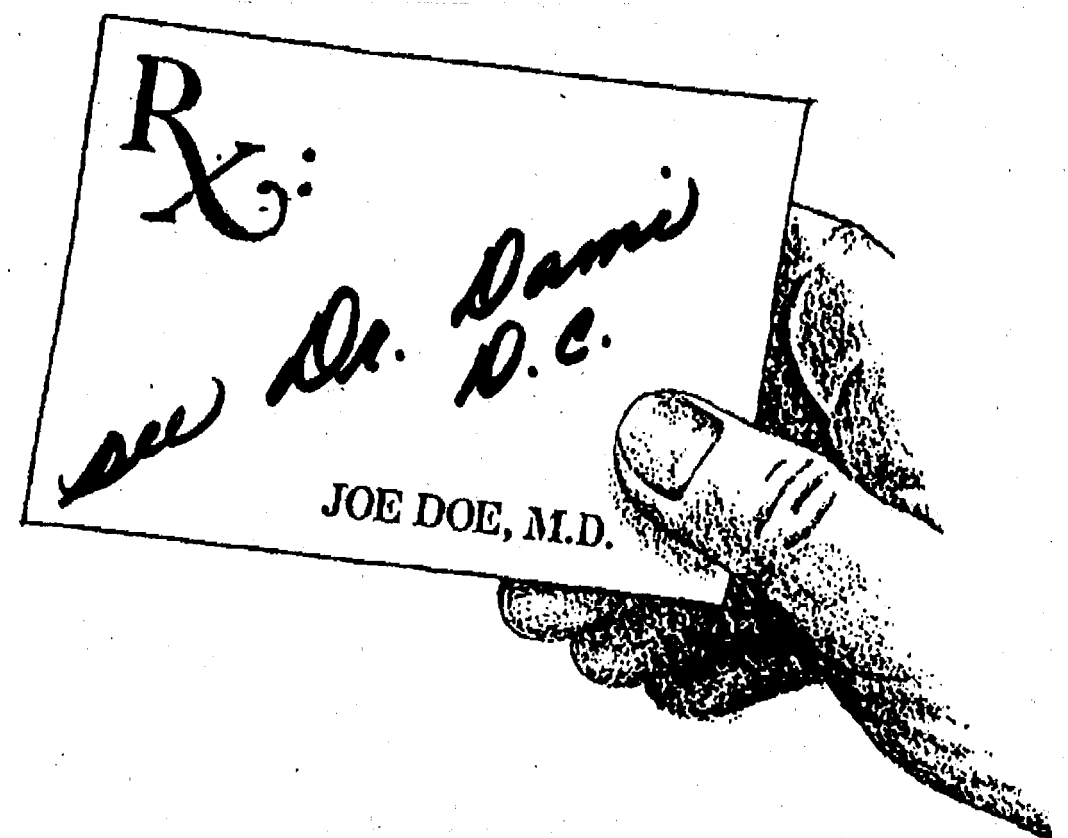
**YES—and here's why.**

The following scientific studies done by *medical sources* comparing chiropractic care against medical and physical therapy non-surgical care of the back and neck show that chiropractic procedure relieves chronic and severe pain, both immediate and long term, in half the time it takes medical physicians (who are not trained in chiropractic procedure).

No wonder as many people with back pain choose to go to chiropractors as go to orthopedic surgeons. This fact is stated in *Spine* journal\*, in a report published by the Department of Medicine, University of Texas Health Science Center.

If you are the victim of an injury to your musculo-skeletal system and have not gotten satisfactory results from medical treatment perhaps you should urge your medical physician to refer you to a doctor of chiropractic, for a thorough evaluation. In addition to a record of excellent results, it is important to note that chiropractic is a *non-surgical* procedure.

\*April 1987 Issue Vol. 12, No. 8 pp. 264-68



### RESEARCH SUPPORTS THE FACTS

California Workmen's Compensation Study (1972), C. Richard Wolf, M.D.

Average lost time per employee — 32 days in the M.D.-treated group, 15.8 days in the chiropractor-treated group.

Employees reporting no lost time — 21% in the M.D.-treated group, 47.9% in the chiropractor-treated group.

Employees reporting lost time in excess of 60 days — 13.2% in the M.D.-treated group, 6.7% in the chiropractor-treated group.

Employees reporting complete recovery — 34.8% in the M.D.-treated group, 51% in the chiropractor-treated group.

Oregon Workmen's Compensation Study (1971), Roland Martin, M.D., Director, Workmen's Compensation Board.

Examining the forms of conservative therapy the majority received, it is interesting to note the results of those treated by chiropractic physicians.

A total of twenty-nine claimants were treated by no other physician than a chiropractor. 82% of these workmen resumed work after one week of time loss. Their claims were closed without a disability award.

Examining claims treated by the M.D., in which the diagnosis seems comparable to the type of injury suffered by the workmen treated by the chiropractor, 41% of these workmen resumed work after one week of time loss.

British Medical Research Council Study (1980) reported in the *British Medical Journal* for June, 1980.

Results — Chiropractic treatment was more effective than a hospital outpatient management, mainly for patients with chronic or severe back pain. A benefit of about 7% points on the Oswestry scale (between three quarters and twice as effective according to Dr. Tom Meade, medical researcher in charge of study) was seen at two years. The benefit of chiropractic treatment became more evident throughout the follow up period. Secondary outcome measures also showed that chiropractic was more beneficial.

Conclusions — For patients with low back pain in whom manipulation is not contraindicated, chiropractic almost certainly confers worthwhile, long term benefit in comparison with hospital outpatient management. The benefit is seen mainly in those with chronic or severe pain. Introducing chiropractic into NHS practice should be considered.

Descriptive Epidemiology of Low Back Pain And Its Related Medical Care In The United States, *Spine* Magazine, April 1987. Richard A. Deyo, M.D., MPH and Yuh-Jane Tsui-Wu, M.S.

Table 2: Use of Health Professionals With Low-Back Pain

|                    | Chiropractor | Chiropractor |
|--------------------|--------------|--------------|
| All Subjects       | 36.9         | 30.8         |
| Race               |              |              |
| White              | 36.4         | 38.6         |
| Black              | 45.4         | 14.1         |
| Other              | 26.0         | 22.3         |
| Significance       | NS           | <.0001       |
| Region             |              |              |
| Northeast          | 41.2         | 29.6         |
| Midwest            | 34.8         | 38.1         |
| South              | 36.6         | 29.6         |
| West               | 36.2         | 44.6         |
| Significance       | NS           | <.0001       |
| Education          |              |              |
| Elementary or none | 28.9         | 32.8         |
| High School        | 35.4         | 37.4         |
| College            | 45.5         | 37.2         |
| Significance       | <.0002       | NS           |

For copies of the first two studies, contact the American Chiropractic Association, at 1701 Clarendon Blvd. Arlington, Virginia 22209. To review the last two studies visit your local library or contact the publications directly. American Chiropractic Association 1991



**Dr. O.W. Dami**

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# Potassium Can Keep Your Heart Healthy

(NUI) – Taking care of your body starts by ensuring the well-being of its most vital muscle, the heart. According to the National High Blood Pressure Education Program, 50 million Americans have high blood pressure, also known as hypertension.

However, studies show that getting enough potassium, along with a good diet and exercise, can help keep the blood pressure down and the heart healthier.

The new National High Blood Pressure Education Program guidelines recommend a daily intake of at least 3,500 milligrams of dietary potassium. People also should maintain a diet rich in fruits, vegetables and low-fat dairy products.

Despite the health benefits of adequate intake of potassium, 82 percent of Americans are not meeting the recommended levels.

Blacks and women, who are more likely to suffer from high blood pressure, consume about 15 percent less potassium daily than the average

American. Until the age of 55, more men than women have high blood pressure. After that, the ratio reverses.

One study by the Cleveland Clinic Foundation, a leading heart research center, found that two glasses of orange juice a day significantly reduced blood pressure after adjusting for age, gender and baseline blood pressure.

The Food and Drug Administration has recognized the role potassium plays in heart health. In 2000, Tropicana won permission from the FDA for a new health

claim about potassium: "Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke."

The potassium health claim may be the best guide to inform consumers about potassium content in foods since the standard fact panel does not require the listing of potassium.

Below is a list of foods that provide more than 10 percent of this recommended intake and are low in sodium and fat.

(Continued on Page 12)

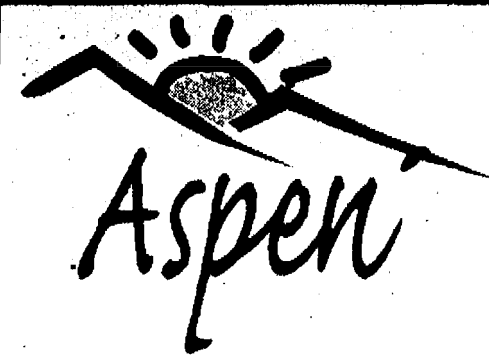


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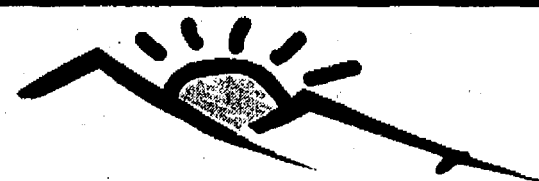
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| - Hospital Newborn, Child & Adult Care   | - Osteopathic Manipulative Therapy |
| - Same Day Sick Child Appointments       | - Minor Surgeries                  |
| - Immunizations for Children             | - Nursing Home Care in Grayling    |
| - Blood Pressure Monitoring              | - and MORE                         |



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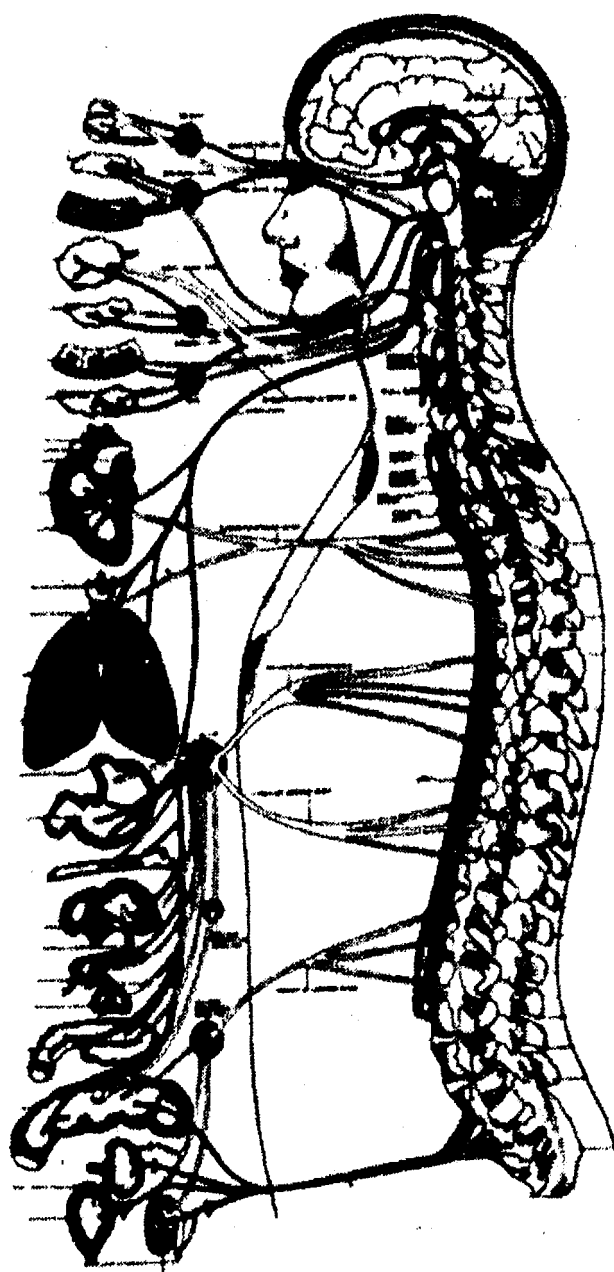
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## WHEN IN TROUBLE DON'T FORGET THE BASICS

Structure = Comfort  
Function = Wellness  
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Headaches can start here

Pain often starts here

Nerves are pinched here

Organ control can be reduced here

Muscle function/balance is reduced here

How you stand and how you walk is affected here

Shoulders, arms, legs, and feet can be affected here

**THE MOST CAPABLE DOCTOR IS  
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# How to Reduce Bad Stress, Live a Happier Life

(NUI) – Stressed out about stress? Don't fret. The good news is that although stress is unavoidable, you can take actions to maintain a healthy, positive attitude and lead a happy life.

No one is born with stress. All stressful responses are learned over time as a result of life experience. Just as people learn to respond to stress in a negative way, they also can learn to respond to it in a more positive and productive way.

Although most people think of stress in negative terms, there is both good and bad stress. Positive life experiences such as graduating from school or college, getting married, having a baby, moving to a new home and starting a new job also are sources of stress. Stress is a normal, natural and unavoidable part of life.

Good stress gives you energy, enthusiasm and excitement about a particular life event.

Bad stress is harmful to your health. It makes you feel tired, irritable, unhappy and overwhelmed by life.

To help you better balance the two and further reduce negative stress, here are some words of wisdom from the experts at BestSteps.com:

- Identify the people, situations and activities in your life that cause you stress. Think about what you can do immediately to begin alleviating the stress in these situations.
- Accept responsibility for everything you are and everything you will ever be. Do not dwell on the negative.
- Be willing to deal with reality as it is, not as you wish it could be.
- Remember that you can take control of everything that happens in your life by either stepping forward or walking away.
- Become so busy working on goals that are important to you that you don't have time to worry about stress.

(Continued on Page 11)

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MONTH



More than 1.3 million new cancer cases will be diagnosed in the United States in 2003. Learn more about how diet, exercise, lifestyle factors, and screenings could help you win the battle against cancer.

### Breastfeeding: It's Best for Mom and Baby

This two-hour course covers the benefits of breastfeeding for mom and baby. Breastfeeding questions and concerns will be addressed. Birth partners are welcome. Preregistration is required, and the cost is \$5. To register, call (989) 348-0599. June 3, 7 - 9 pm

### Glucose and Blood Pressure Screening

Free screenings for diabetes and blood pressure checks are available without an appointment.

**Mercy Family Care – Roscommon**  
June 4, 8 - 10 am

**Mercy Family Care – Prudenville**  
June 11, 8 - 10 am

### \*Get Interactive!

Many classes are available live at community hospitals throughout northern Michigan via the REMEC TeleHealth Network. Call Mercy Hospital Grayling for availability.

### Nutrition Education

Appointments with a Registered Dietitian, available 8 am - 4:30 pm. To schedule an appointment, call (989) 348-0380.

**Mercy Family Care – Roscommon**  
June 4, 18

**Mercy Family Care – Prudenville**  
June 11, 25

**Mercy Hospital Grayling**  
Monday - Friday

### Diabetes Support Groups

**Mercy Family Care – Roscommon**  
June 4, 1 - 2 pm

**Mercy Family Care – Prudenville**  
June 11, 1 - 2 pm

**Mercy Hospital Grayling**  
June 17, 1 - 2 pm

### Baby Care: Your Loving Touch

The basics of newborn care and parent concerns are discussed. Birth partners are welcome. Preregistration is required, and the cost is \$5. To register, call (989) 348-0599. June 10, 7 - 9 pm

### Infant/Child CPR

Learn life-saving techniques for infants and children. Cost is \$24. To register, call (989) 348-0888. June 11, 6:30 - 10 pm

### Heart Health and Fitness Program Exercise Class

For those with or without a history of heart disease who need help starting a regular exercise routine and who have two or more risk factors for heart disease: diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress. One-hour classes include blood pressure checks, exercise, and dietary guidelines, and weekly educational presentations. Cost is \$4.50 per session. To register, call (989) 348-0371.

**Mercy Hospital Grayling**  
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### Other Offerings Through Munson Healthcare

#### Cancer Survivors' Day Picnic

Any person with a cancer diagnosis and their family is welcome to attend this 16th annual event. Picnic lunch, clowns, balloons, music, T-shirts, and door prizes are provided. To register, call (231) 935-6921.

**Front Lawn of Building 50**  
June 1, 1 - 3 pm

#### Cardiac Lecture Series\*

Cardiologist John Formolo will discuss the symptoms, causes, and treatments of irregular pulse or heart rhythm in his presentation "Atrial Fibrillation: How This Heart Rhythm Affects You."

**Munson Medical Center**  
June 5, 7 - 8 pm

For a complete list of offerings, visit us online at [MERCYGRAYLING.MUNSONHEALTHCARE.ORG](http://MERCYGRAYLING.MUNSONHEALTHCARE.ORG) or call 1-800-33-MERCY (1-800-336-3729).



## Steps to Attaining a Beautiful Smile

(NUI) – Some people possess beautiful, white teeth while others try but can't seem to achieve the same result. Believe it or not, the secrets to a great smile are simple steps that each and every one of us can take every day.

Here are some tips from the dental experts at Milestone Scientific on how to attain a confident, healthy smile:

- **Take extra time to give your teeth the care they deserve.** It takes two to three minutes to adequately brush your teeth. Most people spend less than 30 seconds brushing their teeth. Brushing your teeth effectively removes millions of bacteria that live in our mouths.

- **Don't forget to floss.** Flossing removes the bacteria that live in between the teeth that can not be reached with your toothbrush. There bacteria continue to feed on food left behind. Bacteria invade and

destroy gum tissue as well as the bones and ligaments that support teeth.

- **Cut back on the sweets.** It's not just the candy that is dangerous to your smile. Bacteria feed on sugar, which creates decay causing acid. Bacteria, however, not only use candy to create acid but can use any food which contains sugars and other carbohydrates. Saliva acts as a natural plaque fighting substance, so chew sugarless gum to help stimulate saliva flow.

- **Stop brushing so hard.** It takes very little pressure to remove bacteria, food and plaque. Unfortunately, most people apply three to four times the necessary pressure causing damage to teeth and gums.

- **Make consistent trips to the dentist.** Nearly half of the U.S. population experience some form of anxiety when visiting the dentist. But technolog-

ical advances have created less painful, more efficient dental care. For example, Milestone Scientific, Inc., has developed a product called The Wand, which delivers a droplet of anesthesia to the injection site before the needle enters the tissue. This eliminates the pricking sensation so many patients dread. When advanced slowly, the drops of solution anesthetize the tissue ahead of the needle, thereby yielding a virtually painless needle insertion.

- **Reduce coffee intake.** Coffee and tea stain your teeth and destroy your natural smile. Plus, drinking hot coffee causes small fractures in teeth called crazes. Crazes occur when teeth are forced to expand and contract as a result of being exposed to hot foods or liquids.

To learn more about how to get a confident, healthy smile, visit [www.thewand.com](http://www.thewand.com).

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## How to Reduce Bad Stress, Live a Happier Life

(Continued from Page 10)

- Set peace of mind as your highest goal. Organize your life so that every part gives you a deep-down sense of peace and satisfaction. The ability to structure your life in a way that brings you true happiness is a

hallmark of success.

For more advice, subscribe to BestSteps.com, an online collection of mini-seminars containing practical advice about success, relationships, communication, health and more. The Web site contains a

wide selection of motivational materials from leading self-help authors, with specific steps you can take to help achieve your personal and professional goals.

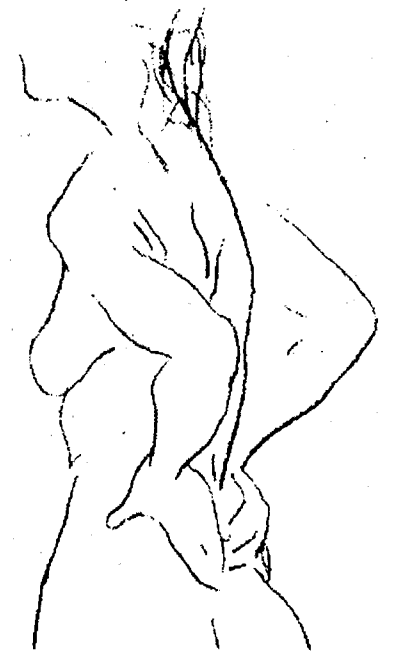
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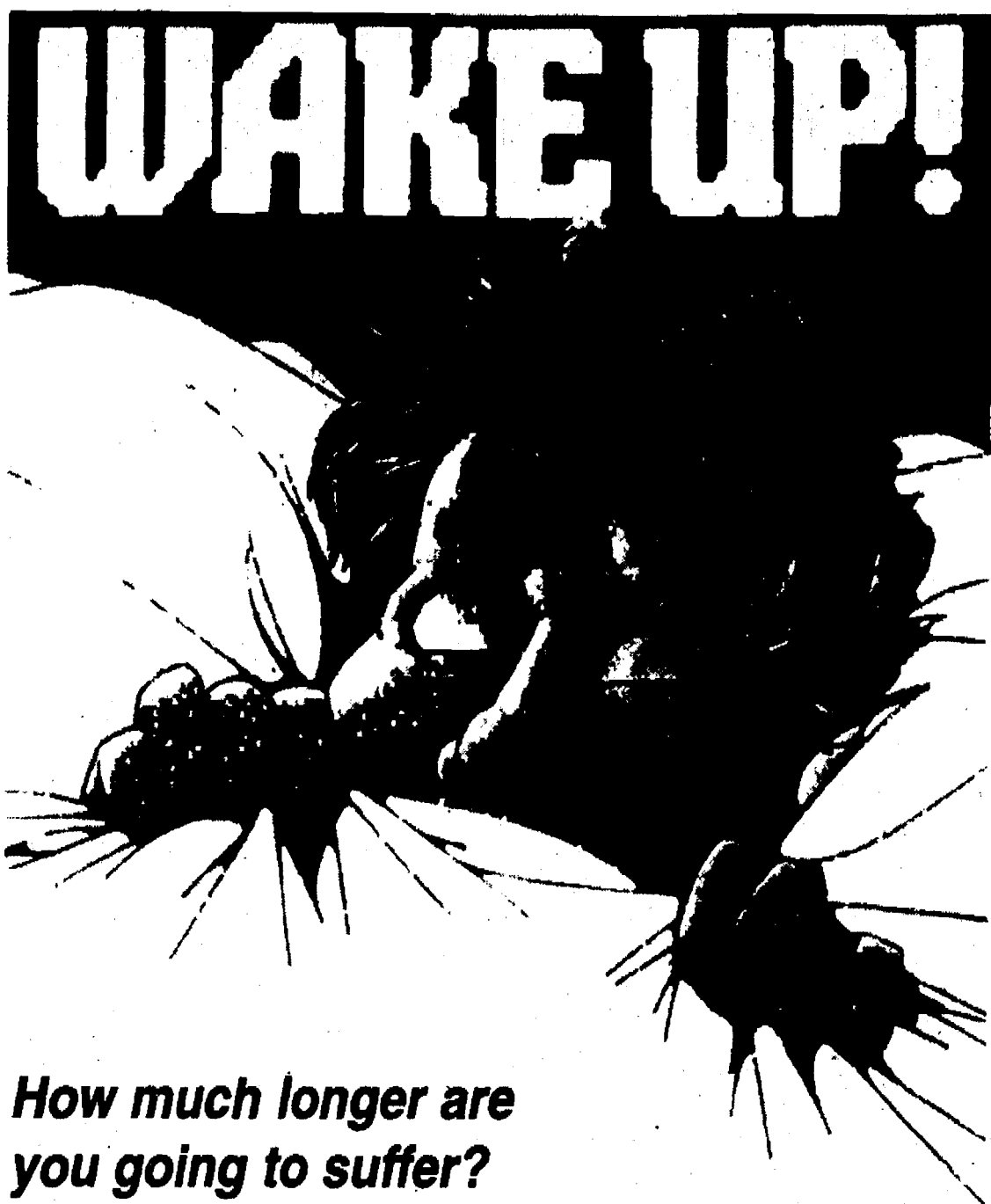
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## How much longer are you going to suffer?

That **neck, back or leg pain numbness or burning**, even chronic **recurrent headaches** are all warning signals. If your nights have become sleepless or if you're becoming more frequently and severely bothered by pain that "used to just go away"

**It's time to call...**

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# Top 10 Things To Know About Health Care Fraud

(NUI) – Did you know health care fraud costs American consumers as much as \$1 out of every \$7 spent on health care?

The National Healthcare Anti-Fraud Association estimates fraud costs Americans about \$33 billion to \$55 billion annually. That's about 3 percent to 5 percent of the nation's health care spending.

Blue Cross and Blue Shield Plans saved nearly \$250 million last year through aggressive health care fraud investigations, improved coordination and increased information sharing between private and public law officials.

In order to help consumers combat this problem, Blue Cross and Blue Shield Association is educating the public with a booklet about health care fraud. In it, Blue Cross and Blue Shield Association notes that the majority of people who work in the health care system are honest. However, consumers should be aware of some common schemes, including:

- **Phantom billing.** Charging for services never performed or

using real patient names and health insurance information as the basis for fabricating claims.

- **Upcoding.** Charging for a more expensive service such as a visit to a physician when the patient actually saw a nurse or a physician assistant.

- **Doctor shopping.** Bouncing from one doctor to another in order to obtain multiple prescriptions for controlled substances.

- **Providing unnecessary care.** This includes unnecessary tests, surgeries and other procedures.

- **Misrepresenting services.** Performing uncovered services, but billing insurance companies for different services that are covered.

- **Unbundling.** Charging separately for procedures that are actually part of a single procedure.

- **Masquerading as health care professionals.** Delivering health care services when they are not licensed to do so.

Here are some tips on what consumers can do if they suspect health care fraud:

- **Recognize healthcare**

scams. When it sounds "too good to be true," it probably is. Consumers should be cautious of free medical exams, co-payment waivers or advertisements stating "covered by insurance."

- **Treat your health care card like your credit card.** If lost or stolen, a health care card could be used to gain access to prescriptions and services that may permanently appear on your medical history.

- **Closely examine your "Explanation of Benefits" from your health insurer.** Be sure the service billed was the service received when you or a member of your family visited a health care provider. If there is a discrepancy, call the provider first since in most cases it is a clerical error. However, if you are unable to resolve the matter, contact your health plan immediately.

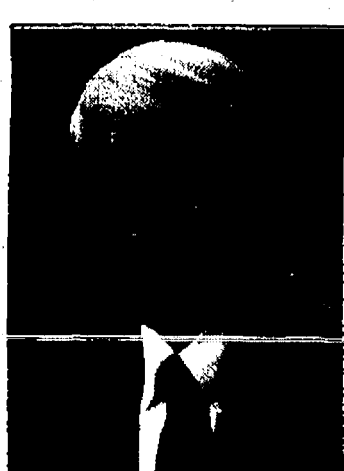
Many Blue Cross and Blue Shield plans have established fraud hotlines for consumers to report suspected fraud. Just visit [www.bcbs.com](http://www.bcbs.com) to link to Web sites for Blue Cross and Blue Shield Plans nationwide.

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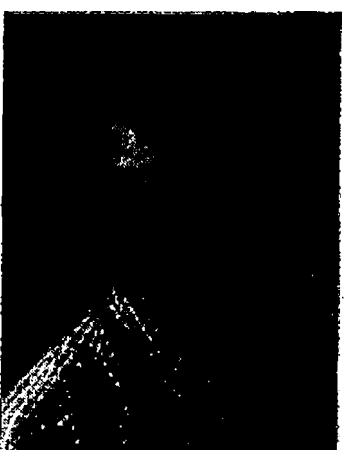
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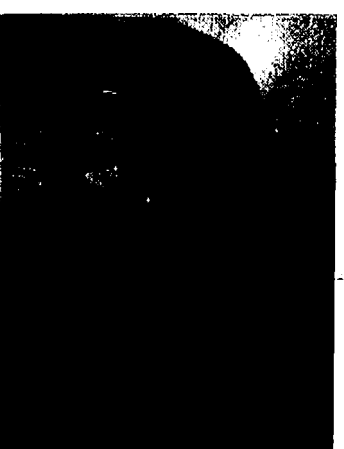
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## Potassium Can Keep Your Heart Healthy

(Continued from Page 9)

- Cantaloupe (1 cup of pieces), 494 milligrams.
- Banana (1 medium), 451 milligrams.
- Orange juice (8 fluid ounces), 450 milligrams.
- Carrots (15 baby carrots, raw), 420 milligrams.
- Spinach (boiled, 1/2 cup), 419 milligrams.
- Milk (skim, 8 fluid ounces), 406 milligrams.
- Yogurt (nonfat, 6 ounce container), 390 milligrams.
- Tomato sauce (unsalted, 1/2 cup), 350 milligrams.

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# CRAWFORD COUNTY AVALANCHE



Thursday, May 29, 2003

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## WITH OUR HEADS BOWED IN PRAYER



Photos by Cheryl Ruley

Citizens and veterans bow their heads in prayer in remembrance of the sacrifices made by those who have died to protect our freedoms. About 100 people attended Monday morning's Memorial Day tribute at Elmwood Cemetery in Grayling, honoring all servicemen and women, but especially those who have died in the line of duty in any war or conflict. (Right) WWII veteran and former POW, Don Geiss, spoke to the crowd and Chaplain Art Thayer (not shown) included longtime USO entertainer Bob Hope in his message. Hope will celebrate his 100th birthday soon. Members of the VFW and American Legion also provided the services in Frederic and Maple Forest Townships.



## County severs ties with Fair Board

by Cheryl Ruley  
Staff Writer

The Crawford County Board of Commissioners severed their ties with the Board of the Crawford County Fair Association citing the Fair Board's failure to comply with the terms of its lease.

Crawford County leases the fairgrounds to the Fair Association on an annual basis for the expressed use of providing a county fair. The Fair Association's agreement with the County states it can not sign any lease agreement with any group or individual for use of any part of the fairgrounds without the review of such a contract and consent of the County Board.

A lease between the Fair Board and Grayling Little League to use the county fairgrounds was brought to the County's attention on May 14 by Little League president, Rich Alexander.

A letter received by Alexander, written by the Fair Board stating Little League had not met the conditions of its contract, was presented to the Commissioners. The letter contained only the signature of Fair Board secretary, Deanna MacIntyre and the printed name of Ron Case, president.

Alexander denied there was any failure on Little League's part to satisfy the contract and was unaware of the Fair Board's

failure to bring the lease before the County Board for its approval.

Grayling Redskin Football officials, too, have complained to the County in recent months of the same type of troubles when dealing with the Fair Board and last year were also asked to leave under accusations Redskin officials were non-compliant with their lease agreement.

Commissioner Scott Hanson reminded the County Board that the lease with Little League was never brought to them for review and consent, therefore the Fair Board had violated its own lease agreement and the County needed to do something about the problem now. He said inaction could lead to the discontinuance of much-needed athletic activities for the county's children.

Commissioner Shelley Pinkelman stated the Fair Board also made an agreement with the Saddle Club Riders without the County's consent and called the Fair Board's disregard for its agreement with the county "grave."

At the County Board's May 21 regular meeting, Pinkelman remarked, "We have been through this for too many years and it's been a nightmare for our organizations and the children of this county."

She then presented the following motion:

Continued on Page 2A  
See "COUNTY SEVERS..."

## Book Fairy closes final chapter

by Susan Warrington  
Staff Writer

The Book Fairy program started by Ilene Geiss-Wilson four years ago at Frederic Elementary School has come to its final page. May 22 marked the end of the program which gave each Frederic Elementary student a book of their own every month.

Geiss-Wilson has been dressing up complete with fancy gown, tiara, wings and brocade sneakers to help encourage the students learn to read and to value books. She said one student who had received only three books before moving away, moved back and told the book fairy she had kept those three books through the moves.

Since books are selected during lunch the distribution always starts with kindergartners and works its way up to fifth grade. Age appropriate books are placed on book trolleys and the students are free to come and

pick out their book after they finish eating lunch. After picking up their book, the students then fill out a label they put into their new book identifying it as theirs. A record is kept of who picks up a book so that those who are absent on 'book fairy day' can select their book when they return to school.

At the final book fairy day the students were allowed to pick two books instead of one.

The program was funded by the Frederic Parent Teacher Organization, donations and the Public Enrichment Foundation.

With the closing of Frederic Elementary the book fairy program has come to an end. Geiss-Wilson says it would be extremely difficult to continue when the enrollment of Frederic Elementary is approximately 100 and the combined enrollment of AuSable Primary and Grayling Elementary next year will be over 800.



Book fairy Ilene Geiss-Wilson helps a Frederic Elementary student choose books for the last time.

## 4th Annual Truck Show runs through weekend

by Cheryl Ruley  
Staff Writer

For the fourth year in a row, Charlie's Country Corner, at Four Mile Road and I-75, will play host to a truck show which grows more popular each year.

Sponsored primarily by Fick & Sons, Inc. of Grayling, the Super 8 Motel, and Pepsi Bottling of West Branch, the show attracts truckers and their rolling works of art -- big, beautiful semi-tractor trailers -- to compete in several categories for cash prizes and trophies. The show is sanctioned by NAST (National Association of Show Trucks).

On Friday evening, May 30, truckers will begin to arrive and register for competition. Over \$15,000 in cash and prizes are up for grabs.

But the show doesn't end with competition and it's not just for truckers. Activities are planned for the enjoyment of all ages and there is no admission charge.

Entertainment by singer/guitarist Joey Holiday is free each day of the show, May 30 - June 1.

An Arts & Crafts Show will provide visitors with the opportunity to purchase handmade items from local artisans, from 10 a.m. to 6 p.m. on Saturday, and from 9 a.m. to 4 p.m. on Sunday.

A BBQ chicken dinner will be served on Saturday, from 12 noon to 6 p.m., for hungry visitors.

Each year sponsor Charlie Fick chooses a local charitable organization to receive proceeds from a silent auction. This year the auction will be held on Saturday, May 31 from 10 a.m. to 4 p.m., with all proceeds going to the Crawford County Community Christian Help Center.

As the sun sets Saturday evening, and to close out the busy day, all trucks entered in the show will line up and give the whole community a look at their highly polished, shined and illuminated beauty as the annual "Parade of Lights" begins. The parade route begins on Four Mile Road, travels west to Military Road, then north on M-93 to M-72, east to the I-75 Business Loop, then south and onto the freeway and back to Charlie's.

Get up early Sunday morning, June 1, and join the truckers and other visitors for a Pancake & Sausage Breakfast, to be served from 7 a.m. to 11 a.m.

For more information, call Kaye Laughton at toll-free at 1-866-348-2740 or log on to: [www.fickandsons.com](http://www.fickandsons.com).

## GHS graduation site moved outdoors

by Susan Warrington  
Staff Writer

The 114th graduating class of Grayling High School will be making history June 6 when commencement exercises are held outdoors for the first time.

Seniors Sean Doyle and Sarah Starks asked school board members to consider this alternative at their May 19 meeting. After meeting with administrators, the board voted May

23 to hold graduation in the football stadium. This decision will allow each of the 129 graduates to invite their entire family to attend, rather than being limited to only a few family members.

The construction project at the high school made the fire marshal cut the safe seating capacity of the gymnasium to only 60 percent of normal.

The fire marshal informed school administrators that no more than 900 people would be allowed into the gym while construction blocks some exit doors.

In case of inclement weather, graduation will be moved into the gym. In that case, seniors will be given special tickets to distribute to family members allowing them to attend the exercises in the gym.

Commencement exercises will be held at 8 p.m. on June 6.

| Headlines                                        |    |
|--------------------------------------------------|----|
| Former GMS teacher to be sentenced               | 2A |
| School Board candidates share views              | 3A |
| Seven Vikings place in top three at league meet. | 1B |
| Golf team defeats Roscommon, Jo-Burg             | 2B |
| Kite Day held at Hanson Hills                    | 5B |

## Crawford County Avalanche

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[www.avalanche-townnews.com](http://www.avalanche-townnews.com)

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## National Guard's armored vehicles roll on through

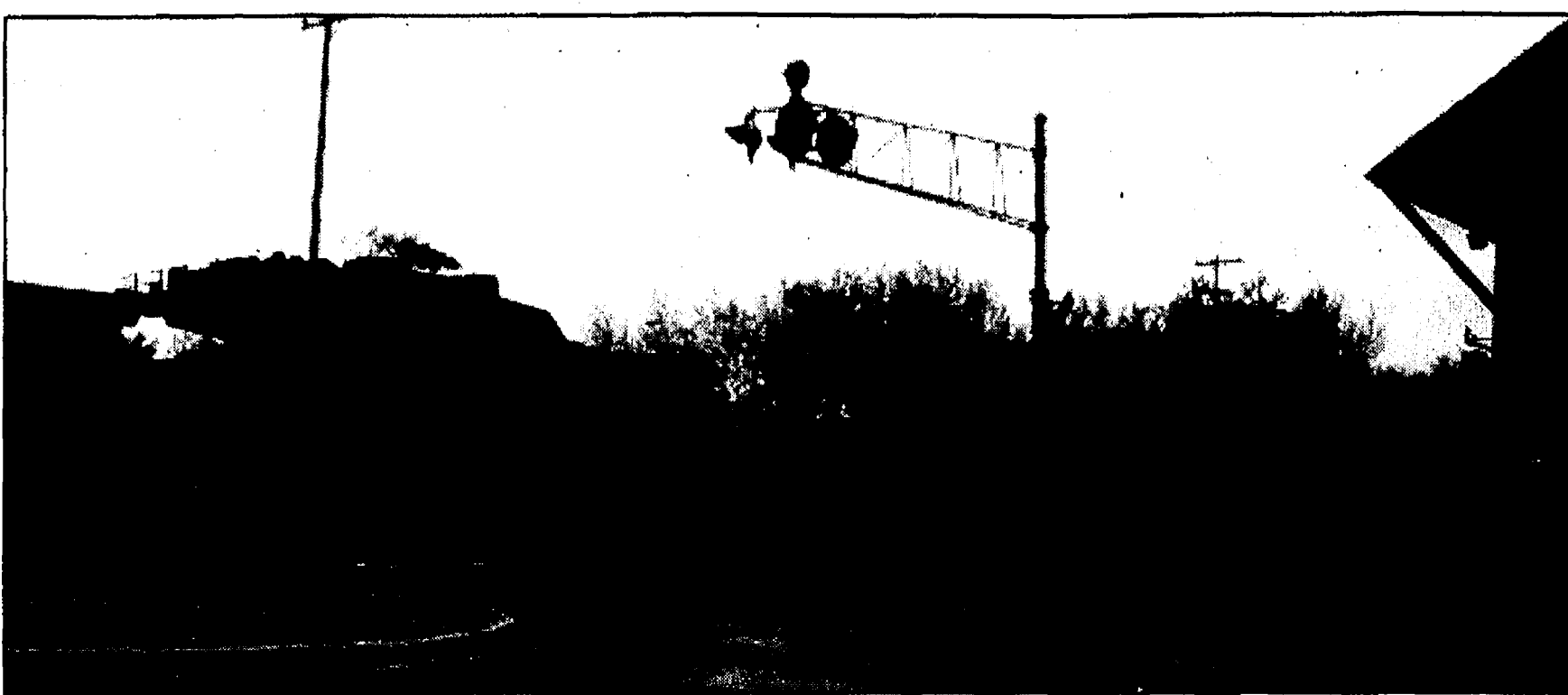


Photo by Cheryl Ruley

A sure sign each spring that National Guard troops will be training soon at Camp Grayling is the arrival of these M1IP Abrams main battle tanks from Ohio. A train pulling the tanks passed through Grayling late last week.

## Former GMS teacher to be sentenced

by Cheryl Ruley  
Staff Writer

Former Grayling Middle School math teacher Kathryn Anne Olson is scheduled to be sentenced early next month on one felony count of making a false bomb threat to the school's principal on March 11, 2002.

Olson, now 45-years old, was first scheduled to be sentenced in April, but 46th Circuit Trial Court Chief Judge Alton T. Davis adjourned sentencing indefinitely in anticipation of an evaluation of Olson's mental status.

Judge Davis said in April he

didn't want to proceed with sentencing until he saw what each party may have in that regard.

At the time of her confession last year, Olson told investigators she placed the call because she was under a lot of stress from her teaching job.

Olson pleaded guilty as charged in March and has been free on \$10,000 bond. She waived her right to a jury trial with her guilty plea and faces up to four years in state prison and/or a \$2,000 fine.

Sentencing is scheduled for Monday, June 9 at 9 a.m. in Circuit Court.

## County severs ties with Fair Board

Continued from Page 1A

The move to sever the lease with the Crawford County Fair Board for their failure to comply with the terms of the lease, and that the Crawford County Board of Commissioners occupy the premises in the best interest of the people of Crawford County.

"Additionally, the locks on all buildings are to be re-keyed immediately at County expense and the Crawford County Fair Board shall have 14 days to coordinate the removal of any equipment owned by the Crawford County Fair Board.

"The Fair Board may coordinate dates for the Crawford County Fair with the Crawford County Board of Commissioners."

The motion passed unanimously.

County Chairperson Lynnette Corlew discussed with the Board the formation of a committee to oversee the use of fairground property. Commissioner Rick Anderson suggested representatives from each organization which customarily makes use of the grounds, and has contributed to its development, be represented on any such committee.

The Board voted unanimously to comprise the new "Fairground Land Use Committee" of one representative each from Little League, Redskin Football, 4-H, Grayling Youth Booster Club, and the Fair Board, along with two Commissioners, Hanson and Terry Beardslee, with Pinkelman serving as alternate.

The Commissioners agreed Corlew would contact each organization immediately and a meeting of the new committee was set for May 27 at 7 p.m. at the county building.

Though having been informed of the meeting and invited to attend, no one representing the Fair Board was present at the May 21 County meeting.

## Maple Forest Township supports fireworks display

The Maple Forest Township board voted unanimously to give \$1,000 to the Grayling Youth Booster Club (GYBC) to help support the July 4 fireworks display.

The vote came after Rick Schmidt of the GYBC gave a brief presentation to the board. He said costs were increasing and the GYBC was looking for support from all of the townships in part because the display is enjoyed by residents throughout the county.

Schmidt also said by getting county-wide financial support, the booster club would be able to use more of their funds to directly benefit area youth.

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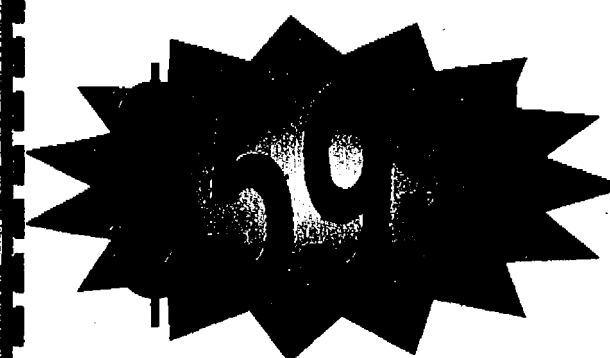
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• Also Sat - Sun - Mon 2:00 & 4:00

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Starring - Eddie Murphy

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• Also Sat - Sun - Mon 2:15 & 4:15

**The Italian Job - PG-13- (PG)**

Starring - Mark Wahlberg & Charlize Theron

• At 7:00 & 9:15 Nightly

• Also Sat - Sun - Mon 2:00 & 4:15

**The In-Laws - PG-13 (PG)**

Starring - Michael Douglas - Albert Brooks

• At 7:10 & 9:10 Nightly

• Also Sat - Sun - Mon 2:10 & 4:10

**Matrix Reloaded - R- (R)**

Starring - Keanu Reeves

• At 7:00 & 9:30 Nightly

• Also Sat - Sun - Mon 2:00 & 4:30

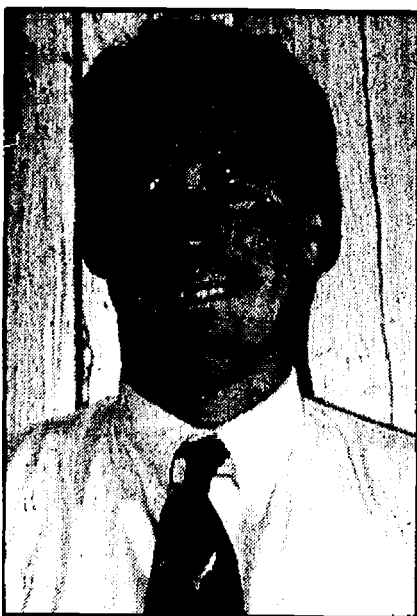


# School Board candidates share views

► Two school board seats up for election on Monday, June 9

The following profiles of candidates seeking election to the Crawford AuSable School District's (CASD) Board of Education were compiled from information received from each candidate using a questionnaire provided by the *Avalanche*.

Candidate profiles appear in alphabetical order and differ in size only due to the amount of information each candidate provided.



William I. Dean

William I. Dean, of Grayling, is an optometrist by profession and a 1977 graduate of Grayling High School (GHS).

He earned a Bachelor of Arts degree in Chemistry from Hope College in 1981, graduated from Illinois College of Optometry in 1985, served at the U.S. Air Force's Vandenberg Hospital from 1985-1988, and has operated a private practice in Grayling since 1988.

Dean's wife, Cory, graduated from GHS in 1980. The couple has four children currently attending school in the CASD, representing each building in the district.

In his leisure, Dean said he enjoys fly fishing, running, listening to music, reading and spending time with his family.

Dean was asked by the *Avalanche*, "What do you think is the greatest need in education today?" He replied: "Our schools should excel in providing the basic tools that allow students to learn. The ability to read and write, and thus the ability to communicate thoughts and ideas, is the basis for all reasoning. Mathematical skills are essential in any field one endeavors."

"Education should be provided in a safe and respectful environment, in a way that is invigorating, and in a way that is honest."

He was also asked what he thinks are the greatest needs facing Crawford AuSable schools.

"Providing quality education in a time of budgetary constraint is the greatest challenge facing CASD. Secondly, providing educational opportunities for all students, from college-bound curriculum to vocational training, should be a priority," Dean said.

"Lastly, the establishment of our schools as a major focus of our community by increasing access to all members of the community during the school year and throughout the summer."

When asked what personal strengths or qualities he has which would be most beneficial as a school board member, he said, "I feel I am a truthful and honest person, capable of being objective on difficult decisions. As a board member, I will do what is right. This is sometimes difficult, but we need to carefully consider and direct our actions by what is right."

"I will show respect for the faculty and students. There is no substitute for treating people with dignity and respect, even if we disagree, we do not have to be disagreeable."

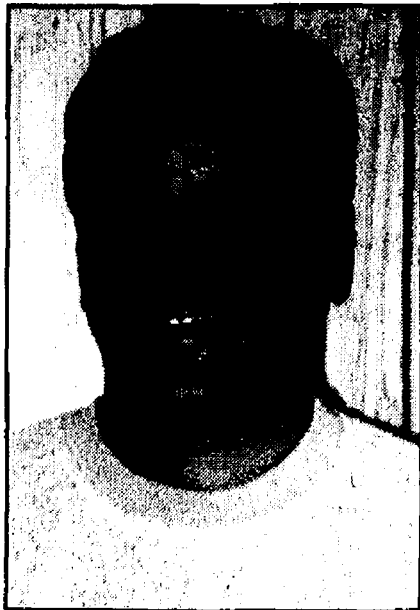
Dean explained why he is running for the school board and what he hopes to accomplish if elected. "Having grown up in this community, graduated from Grayling High School, and now have chosen to raise my own

family in this same community, I sincerely care about Grayling and want nothing but the best for the children who reside here.

"A first-class education is the initial ingredient for success in any walk of life that a young student pursues. This education creates pride in one's school, community, and most importantly, in oneself."

"My goal as a board member would be to provide students of Crawford County with a quality educational experience, in an encouraging uplifting environment, allowing them to aspire and reach the goals they dream."

\* \* \* \* \*



Lewis Madill

Lewis Madill, of Maple Forest Township, is a sawyer by trade and works in wholesale sales. He is a 1977 honors graduate of GHS.

He also holds a Bachelor of Science degree in Business Administration and graduated Cum Laude from Central Michigan University.

Madill is married with two children currently enrolled in the CASD school system, and represents the sixth generation of his family in the area.

Madill comes from a long line of local graduates: "My grandmother, Norma (Johnson) Madill graduated from GHS in 1920 and my grandfather, Lewis Stillwagon, from Frederic in 1936; my grandmother, Dorothy (Richter) Stillwagon in 1939 from Frederic High; my father, Jim Madill graduated from Frederic in 1954 and my mother, Martha (Stillwagon), graduated from Grayling in 1959."

In his leisure, Madill said he likes family time and trips, sports, hunting, fishing, water sports and activities. "I enjoy new things and new challenges -- especially out of doors."

Madill said he thinks the greatest need in education today is Stabilizing funding for education. "Presently, we are limited by law from raising operating money through taxes or millages, but we live in a strong, supportive community that seems to find creative ways to accomplish that which needs to be done."

The greatest needs facing Crawford AuSable Schools, Madill said, is "Reducing the number of students per class in elementary, especially early elementary. We need to find ways to increase (the amount of) people directly involved with our youngest children such as teachers, paraprofessionals, volunteers, daytime support staff, etc."

"Also, we need to increase the emphasis on programs for stu-

dents who will live and work in our community. This should include vocational programs, job exploration, community service, etc. These kids are our future."

When asked about his personal strengths or qualities that are most beneficial to serve as a member of the school board, Madill explained, "I have six years experience on the CASD board of education, including two as its president. My educational background is a B.S. in business administration with emphasis on accounting, finance and economics."

"I have over 20 years in the family manufacturing and wholesale business, working in outside sales, as well as working in the factory and office. My family roots come from all over the county and I count on input and help from friends and family throughout the district and from all townships and communities."

Madill said he is running for a seat on the school board because, "The CASD is one of the most important foundations of our community."

What he would like to accomplish is this: "I would like to bring my board experience from six years on the board, over 20 years in AuSable Woodworking (through good times and tough times) and my ties throughout the entire school district to help us in these times of tough budget decisions."

Additionally, Madill remarked, "I am a lifelong resident of Crawford County, growing up in Frederic, with middle and high school in Grayling, and now live in Maple Forest Township. My family comes from and lives throughout the district. With all of the challenges facing public education and school districts today, it is even more important to have balanced, experienced, and responsive representation from across the entire school district."

"Kids have always been my first priority, and I will stress community and fiscal responsibility. Please remember, together we succeed."

\* \* \* \* \*



Gary J. Pettyjohn  
Incumbent

Gary J. Pettyjohn, seeking his second full term on the Board of Education, is a maintenance mechanic for the Department of Natural Resources' Parks and Recreation Bureau. He is a 1962 graduate of Grayling High

School.

He and his wife, Donna, share six children and two grandchildren. In his leisure, Pettyjohn said, "I enjoy working with wood, canoeing and kayaking, hunting, fishing and gardening."

Pettyjohn said he thinks the greatest need in education today is to keep and maintain quality educators. "With ever new requirements, it is harder to choose teaching as a career. Funding for professional development is also extremely important. The success of a quality education is in the educators' hands," he explained.

Regarding the greatest needs facing the Crawford AuSable Schools, Pettyjohn said, "We know the greatest challenge facing our school district is declining enrollment. That means a loss of state funding. In today's school environment, we have to attract and keep students and maintain a quality education that will make students want to stay in school. The most important goal we have is to improve student achievement and it is a commitment we all must make."

Pettyjohn said his personal strengths and qualities most beneficial as a school board member are: "I do not make snap decisions. I listen to and value input from both sides of an issue. I am responsible to all the people of the district, and take this trust from the community very seriously when serving on the school board. I also know I am simply a citizen until there is a quorum of the board and the meeting is called to order."

Pettyjohn said he is seeking to retain his seat on the board because, "I want to help solve the issues that will come up with the budget cuts projected for the coming year. The best way to ensure a better future is to give students the highest quality education we can. We need to be accountable for our expenditures concentrating on the best teachers, curriculum, and technology available for our students. I want to be a part of the decision-making process as a member of our school board."

Pettyjohn added, "The school district needs your support. It needs your support at the polls with a large voter turnout. I look forward to continuing (to face) the challenges and the opportunity to serve you as a member of the Crawford AuSable School District."

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Ron Thomson  
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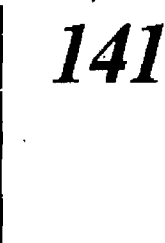
Kay Osowski  
3 years



Linda Northrop  
16 years



Sharon Sloan



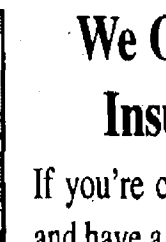
Doronda Klee  
13 years



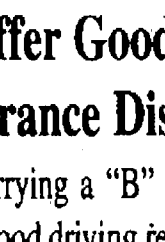
Annette Metzger  
13 years



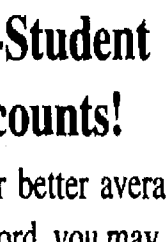
Carrie O'Dell  
7 years



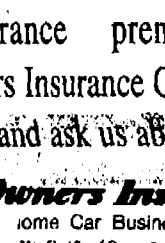
Carrie O'Dell  
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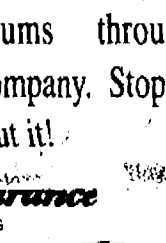
Carrie O'Dell  
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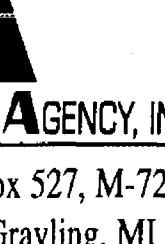
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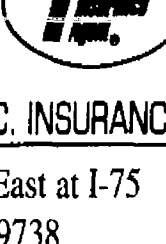
Carrie O'Dell  
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Carrie O'Dell  
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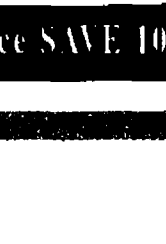
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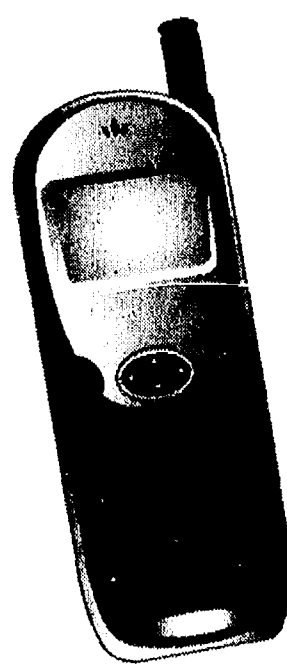
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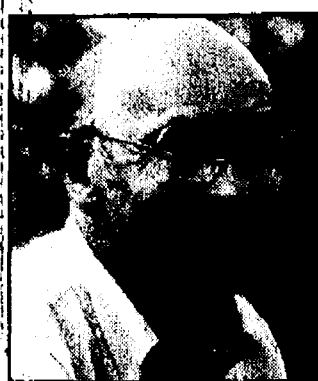
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# OPINIONS



## ALMANACK

by Richard Milliman

### Persian Gulf War II gives emphasis to Memorial Day

"TRAGIC EVENTS America has faced during the past 12 months have added significance to Memorial Day this year."

That's the way I started my Memorial Day Almanack in 2002.

Unfortunately, the lead paragraph applies in 2003, too. More tragic events during the past year have led once more to deeper significance for Memorial Day 2003.

The September 11 terrorism attacks against America brought death to more than 3,000 non-combatants who were specially remembered the last time Memorial Day rolled around.

This year the new honorees -- which is a hollow but appropriate term for those upon whom Memorial Day should focus -- are military men and women, caught up in the war to drive

Saddam Hussein out of Iraq, and bring freedom to the Iraqi people.

Meanwhile the "War on Terrorism" continues, all the while American service men and women continue their duty in harms way in both Iraq and Afghanistan.

\* \* \*

AMERICANS HAVE a way of changing with the times.

That's not all bad -- but maybe it's not all good, either.

The traditional Memorial Day has been moved from May 30 to a nearby Monday, to create an artificial long weekend, which helps twist the original reason for Memorial Day.

The American people seem to like it that way, and it certainly doesn't make a bit of difference to the deceased veterans whom Memorial Day was designed to honor.

Memorial Day, or Decoration Day, is an American invention. It began in the South in the 1860s, when a handful of southern women decorated graves of soldiers killed in the Civil War, both Confederate and Union.

The Grand Army of the Republic (GAR), dedicated to the Union cause, in 1868 selected May 30 for official observance of Memorial Day. Across the South, different states picked different dates for their Memorial Days, with several opting for June 3, the birth date of Jefferson Davis, first president of the Confederacy.

The observance over the years broadened as America's military casualty list has grown to include military dead from the Spanish American War, World War I, World War II, Korea, Vietnam, the First Persian Gulf War,

Somalia, Afghanistan and now the Second Gulf War.

Despite the fact they mostly were civilian and non-armed combatants, casualties of the September 11 blood bath are no less victims of international warfare, and should share Memorial Day honors.

Hopefully the casualty list from warfare of any sort will grow no more, but reality indicates it will.

\* \* \*

AS TIME HAS passed and generations have changed, Memorial Day in America has changed, too.

Many families each May still plant flowers and otherwise spruce up grave sites of veterans and deceased family members.

Members of The American Legion, Disabled American Veterans, VFW, their auxiliaries

or other patriotic groups patrol shopping centers and street corners to sell paper flowers to help pay for programs to help needy veterans.

But to many Americans, Memorial Day has become primarily a long weekend, welcomed as the start of summer.

Until more recent warfares, a special day to honor those who died in service to their country had seemed to lessen in significance.

That attitude may have changed. Our appreciation for the true purpose of Memorial Day may be sharper in 2003 because of awareness that terrorist tragedy could strike unexpected here at home, coupled with a renewed appreciation that events on battlefields far away can and do sadden so many homes and neighborhoods close to us.

Is it too much to hope that one of America's primary goals as a nation in both world and domestic affairs will be to end the spiral of wars and killing that keeps adding more and more American dead to our Memorial Day honorees list?

Cannot America find and pursue other ways ... less deadly ways ... to conduct America's world affairs and still live up to our proper role as world leader?

There's always hope.

(Editor's Note: Some of this column has appeared in previous years, and has been updated to reflect today's situation.)

*Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.*

## VIEWPOINT

VFW Carl W. Borchers Post and Auxiliary 3736

### Remember, liberty is fragile

On May 5, 2003 at noon (in the pouring rain), Veterans of Foreign Wars (VFW) Carl W. Borchers Auxiliary and Post 3736, along with members of the sheriff's office, held a short ceremony at the Eternal Flame in front of the Courthouse to reaffirm Loyalty Day, designated by Congressional Act 85-529 of 1958.

The following is the speech delivered by Marie Scott, President of Carl W. Borchers Auxiliary 3736:

"We gather here today to reaffirm our loyalty to the United States of America, as well as to all its governmental laws, to all Americans and to one another.

"The VFW fight to obtain federal government recognition of May 1st as 'Loyalty Day' began in earnest with the adoption of a resolution at the VFW Golden Jubilee National Convention in Miami in 1949.

"A move to gain official endorsement of Loyalty Day was finally launched in Congress in 1954 with the introduction of a Joint House Resolution by Pennsylvania Representative James F. Van Zandt, three-time Commander in Chief of the VFW. His bill passed the House but not the Senate.

"Undaunted, he reintroduced the measure in 1955, and Congress approved it, but it simply designated May 1, 1955 as Loyalty Day.

"Still not satisfied, the VFW continued to push for a bill that would proclaim May 1st of each year as Loyalty Day. This official recognition was finally achieved with the Congressional

adoption of Public Law 529 in 1958.

"Since its passage, Loyalty Day has been a resounding success. Each year it gains momentum across the land as millions of Americans participate in or witness the observances in every state in the nation and in Japan, Okinawa, Panama, Canal Zone and Puerto Rico.

"As we place this wreath, let us recite the Freedom Pledge and remember that freedom is not free. Freedom is a gift. It was given to us by others at great cost. We need to remember... Liberty is fragile. We need to appreciate the price that was paid for this freedom.

"We must emphasize, today more than ever before in the history of our great nation, the importance of preserving law and order and of the necessity of proclaiming allegiance to America and the Flag.

"We must continue to promote Americanism and patriotism every day in order to preserve our way of life. We must rebond and renew our commitment to keep the memory of the cost of freedom alive."

Community members who attended the ceremony on May 5, recited the following oath:

"I am an American. A free American. Free to speak -- without fear. Free to worship God in my own way. Free to stand for what I think is right. Free to oppose what I believe is wrong. Free to choose those who govern my own country. This heritage of freedom I pledge to uphold. For myself and all mankind."

# EDITOR

## Instead of writing 'nonsense,' write and thank a soldier

To the editor,

My name is Justin Jay Michal and I am currently in Iraq with the 10th Mountain Division (Light Infantry). After reading a letter to the editor entitled, "America should 'avoid mistakes' with Muslims," (April 10) I got sick to my stomach.

You have no idea what goes on over here on an everyday basis. Your lies about U.S. and coalition forces "killing Iraqi civilians" do not impress me. You have no room to comment; you are not fighting in the war like we are. You get to go home every night to your family because of us.

You stated that Saddam Hussein is a "sideshow," and we should focus our efforts on "the real terrorist" Al Qaeda. What do you know about Al Qaeda? You live in Grayling, Michigan. Do you know the difference between Al Qaeda, the Islamic Jihad, or the everyday peaceful Muslim?

Better question, have you seen someone from the Middle East in person, or are you just one of those people who watch C-Span every night?

Your talks about "terrified Iraqi children and families" just shows everyone reading this that you have no idea what you are talking about. The people of Iraq are grateful to

have us here. I do not see them protesting our involvement on Michigan Avenue like yourself.

To finish, I'll end with a few words of advice that might make your time on this earth a little more peaceful. For starters, do not engage in an activity you know nothing about, and instead of writing the editor letters of nonsense, write letters to soldiers fighting in the war, thanking them for making the United States a safe place to live.

While you're at it, thank them for allowing your grandchildren's children the opportunity to be free. I hope you have learned something from this and do not attempt to reply. Chances are, no one will listen anyway.

PFC Justin J. Michal  
Unit 5K  
APO AE 09335

and fellow squad members of First Squadron, Second Platoon, Charlie Company, 2-14 INF, 10th Mountain

Division (Iraq):  
CPL Leon Franklin Myers  
SSG Blackman

SGT Benedict Mannara  
PFC Garcia (hard at work)  
PFC K. Kopp

PFC Caldera  
SPC Klinesmith  
PVT Burgess

## Where, oh where is Smokey Bear?

To the editor,

What has happened to our "Smokey the Bear" Fire Danger sign that used to stand out on the lawn by the Grayling Fire Department? This is at least the third summer that it has not been there.

With the forest conditions being so dry here in Crawford County, and the fire danger seems to go up every weekend, I would think it would be wise to post the fire danger where residents and visitors alike would see it.

Frederic has a Fire Danger sign, as does Mio, and

Roscommon and several other communities. Why hasn't Grayling put ours back up?

With the amount of traffic Grayling gets going through to Traverse City or wherever, in the spring, summer and fall, when the conditions are ripe for forest fires, I would think it very important to alert everyone to these conditions.

Does someone out there know where our Smokey is? What can we do to get him back up for all to see?

We want Smokey back.

Denyce Krolczyk  
Grayling

## One does not speak for all

To the editor,

First of all let me ask, did I not read in your newspaper last fall that we had seen the last of this bantering back and forth -- pro and con rhetoric concerning the proposed Upper Manistee River Natural River Designation (UMNRD)?

Reading the last issue (May 15), however, here writes James E. Powers, UMRA (Upper Manistee River Association) Board Member, trying to once again paint all who oppose the UMNRD proposal with his fat paintbrush.

He would suggest, no doubt, that we ignore the fact that 16 out of 17 townships along the Manistee River oppose the current proposal. Also, four out of five counties oppose the proposal. Instead, he draws attention to one person's comment at a public hearing.

Need I remind Mr. Powers of a meeting held last August by the

proponents of this action? A meeting where he himself, verbally attacked a woman? When she stated that she was "not in agreement with Mr. Powers spin on the designation," he lashed out at her in front of about 60-plus people and said, "You could have attended more UMRA meetings if you weren't at home having babies."

I don't know what color the sky is in his world; however, I do know that some "diversity training" is in order. In today's society Mr. Powers, you would have been fired for a comment like that or at least severely reprimanded.

I close by saying that Mr. Powers does not speak either for me or any one of the hundreds of opponents to this Natural Rivers designation fiasco.

Gary Christensen  
Manistee River Property Owner  
Grayling

## Letters to the Editor

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views of *The Avalanche*.

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an address and telephone number

must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

### CRAWFORD COUNTY

# AVALANCHE

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### AVALANCHE DEADLINES

**Community Briefs** items submitted to *The Crawford County Avalanche* must be turned in to the office by Monday noon, to appear in that week's issue.

**Photographs** must be turned in to the office by noon on Friday for consideration in the next issue.

**News items and letters** should be submitted on 8 1/2-x-11 inch paper, typed, and double-spaced. Handwritten items must also have ample space between each line; on lined paper use every other line.

**Classified ads** by the word must be turned in by Tuesday noon and have to be paid for in advance or they will not be published.

**Classified display ads** must be turned in by Monday noon.

**Full page, half page, or color display ads** must be turned in by Thursday at 5 p.m.

**The deadline for all display ads smaller than a half page is Friday at 5 p.m.**

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# BRIEFS

## Church plans all-you-can-eat lunch

Michelson Memorial United Methodist Church, located at 400 Michigan Avenue in Grayling, invites everyone to a luncheon of hot and/or cold foods on Thursday, June 5, from 11 a.m. to 1 p.m. Make your own sandwich, etc. Salad and dessert are included. Take-outs will be available. Cost is \$5 per person.

## Eagles to install new officers

The Grayling Eagles Aerie and Auxiliary #3465 will hold its Installation of Officers on Saturday, May 31 beginning at 4 p.m. Dinner and dancing to follow. For more information, call 348-5287.

## Public invited to dance recital

The public is invited to attend the "Dance Attitude" recital to be held Saturday, May 31 at the Roscommon High School. Admission is \$5 for adults and \$3 for students. Performance begins at 7 p.m. Dance Attitude classes are held at the CRAF Center in Roscommon. For more information or tickets, contact Gaye Pizzi at 348-2473 or Suzanne Luck at 275-4431.

## Can drive to benefit GHS Football

A can/bottle drive and hot dog sale to benefit the Grayling High School Football teams will be held at Rochette's IGA in Grayling on Saturday, June 7, from 10 a.m. to 3 p.m. All proceeds go to Grayling High School Football. Bottles and cans may also be dropped off Friday, June 6 at the following businesses: North End Grocery in Frederic; and 7-11 and The Ole Barn in Grayling.

## Volunteer gardeners needed

Beyond the Garden Gate Garden Club of Grayling is seeking volunteers to help maintain selected public gardens in Grayling. Volunteers, students and perhaps future members are needed to plant flowers and maintain a garden throughout the summer. This is a good opportunity for a gardeners needing to earn community service hours toward graduation requirements. The Club's next meeting is Thursday, June 5 at 7 p.m., opening up the garden at the Christian Help Center in Grayling. For more information and details regarding items to bring, call Sandy Allman at 348-4405.

## Class of 1973 to celebrate 30 years

The Grayling High School Class of 1973 will hold its 30 Year Class Reunion on Saturday, August 16. Reunion coordinators are looking for addresses of classmates. Anyone with information on the whereabouts of members of the Class of 1973 is asked to call Dana at 348-2299 or Lynn at 344-0601 with that information or address.

## Air Force Sergeants group to meet

The Air Force Sergeants Association (AFSA) Chapter 772 and A772 will hold their northern yearly meeting at the home of Wayne and Rose Mary Nelson, 500 Ogemaw Street in Grayling, on Saturday, June 7 at 1300 hours. For more information, call 348-2985.

## Fish Hatchery opens for the season

The Grayling Fish Hatchery, located on North Down River Road in Grayling Township, will hold its Season Opener on Saturday, May 31 beginning at 10 a.m. Be the first to feed the fish this season. For more information, call the GRA at 348-9266.

## NARFE hosts Tricare briefing

A Tricare briefing, sponsored by the National Association of Retired Federal Employees (NARFE) Chapter 2305, will be held Thursday, June 5 at 1300 hours, at Michelson Memorial United Methodist Church, 400 Michigan Avenue in Grayling (use Spruce Street entrance). For more information, call Andrew Ferrigan at 348-5910.

## Bicycle Safety Rodeo this Saturday

The 6th annual Bicycle Safety Rodeo, for kids in grades K-5, will be held by the Crawford County Sheriff's Office on Saturday, May 31 in the parking lot of the AuSable Primary School, from 12 noon to 2 p.m. A parent must accompany the participating child. For more information, call Undersheriff Shawn M. Krayes at 344-3210 or Tina Bassett at 344-3214.

## Redskins early sign-ups May 30

The Grayling Redskins Football League will hold early signups at Redskins Field at the Crawford County Fairgrounds on Friday, May 30, from 7 p.m. to 9 p.m. All interested should attend.

## Men's tennis leagues to start in June

Two men's tennis leagues - a singles league and a doubles league - are scheduled to begin this June.

Both leagues will play at the Grayling High School tennis courts.

The singles league will play on Tuesdays from 6 p.m. to 8 p.m. from June 10 to August 12. The doubles league will play on Thursdays from 6 p.m. to 8 p.m.

from June 12 to August 14. Cost to participate in either league is \$35 per player.

For more information on the leagues, contact Joe Mau - GHS tennis coach - at 348-7227.

To sign up, contact Dianne Tobin at the GHS athletic office at 344-3506.

## Troop supports troops



The members of Girl Scout Troop 2460 brought in items from home for the shoe box program to show their support for our troops overseas. They also wrote letters to be given to servicemen and women overseas. Troop members are Katlyn Nye, Caitlin Jensen, Shalee Miller, Jordan Stephan, Kristen Todoroff, Tiffany Pittman, Melissa Kocefas, and Kristy Petrosky (not pictured). Troop leaders are Kathy Nye and Cindy Jensen.

## Country's #1 piano duo coming to Kirtland

Kirtland Center for the Performing Arts will present Landsberg & Yount, "America's #1 Piano Duo," on Saturday, June 14 for one performance of "Roll Out the Pianos" at 8 p.m.

Landsberg & Yount have emerged as one of the nation's most popular touring pops attractions. Their imaginative arrangements combine elements of popular, jazz, and classical music.

The duo's performances are a dazzling display of keyboard pyrotechnics highlighted by their warmth, amiability and humor.

A former New Yorker, classically trained Norman Landsberg has served as the musical director and pianist for The Pointer Sisters, has performed on numerous network television shows and specials, and is also an accomplished record producer.

Los Angeles native Robert Blue Yount has toured with Liberace and Peter Nero. He has also enjoyed success as an actor, writer, and director with credits including network TV series, Broadway touring companies and national commercials.

"Roll Out the Pianos" features the works of the most popular pianists of the 20th Century. The stunning finale presents a concert "first." The audience will be treated to an amazing three-piano arrangement of Gershwin and Joplin favorites. It features Gershwin and Joplin on the piano - thanks to the technology of a Yamaha Disklavier® using piano rolls actually recorded by Gershwin and Joplin.

Tickets are available by calling the Kirtland Ticket Office at (989) 275-6777 or on the web at: [www.kirtland.edu/kcpa](http://www.kirtland.edu/kcpa).

## Local winners of AuSable writing contest announced

Seven students from Grayling High School have been named local winners in the fifth annual AuSable River Words the Anglers of the AuSable. The seven students, who earned first, second and third place awards for their school are: Poetry - 1. Jacqueline Rais, 2. Jason Henning, 3. Janelle Gregorich; Fiction - 1. Laura Strohkirsch, 2. Charley McNamara, 3. Monica Safin; Non-fiction - 1. Jason Henning, 2. Monica Safin, 3. Jessica Green.

All seven received certificates for their achievement. As the school's first place winners, Rais, Strohkirsch and Henning have had their names engraved on a plaque for permanent display in the school.

The first and second place winners in each category now advance to the inter-school competition between the four school districts along the AuSable

River: Oscoda High School, Mio-AuSable High School, Roscommon High School and Grayling High School. The top two winners at this inter-school level will win U.S. Savings Bonds.

The writing contest, open to all tenth, eleventh, and twelfth grade students who attend school along the AuSable watershed, encourages students to reflect on the beautiful environs just beyond their backyards.

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# The Bible Speaks

## Spiritual Warfare

Last week we looked at the political systems vying for world control. Today we shall look at the spiritual warfare behind the scenes. Warfare between God and Satan began in heaven, not on earth. Rev. 12:7: "And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels." That warfare was extended to earth. Eph. 6:12: "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

God established human government in Genesis 9:5,6 as His second institution on earth following the home. God instituted government by authorizing the use of corporal punishment to restrain evil. Government was divided into nations at the tower of Babel in Genesis 11. Satan's goal since that time has been to restore global government to reverse God's plan. But God still controls the ultimate development of all nations according to Acts 17:26.

An example of the spiritual conflict between nations is found in Dan. 10:13: "But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia." Dan. 10:21 "But I will show thee that which is noted in the scripture of truth: and there is none that holdeth with me in these things, but Michael your prince." The angel Michael is God's spiritual defender of

the nation of Israel.

In 2 Cor. 4:4 Satan is called "the god of this world." Satan as the god of this world even tried to thwart God's plan in the temptation of Jesus in Luke 4:5-8: "And the devil, taking him up into an high mountain, showed unto him all the kingdoms of the world in a moment of time. 6And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it. 7If thou therefore wilt worship me, all shall be thine. 8And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."

In Satan's attempt to restore global government through Babylon, we see God's hand protecting his people in Daniel 3:28. "Then Nebuchadnezzar spake, and said, Blessed be the God of Shadrach, Meshach, and Abednego, who hath sent his angel, and delivered his servants that trusted in him, and have changed the king's word, and yielded their bodies, that they might not serve nor worship any god, except their own God." Also see Dan. 6:22. "2My God hath sent his angel, and hath shut the lions' mouths."

These experiences were used of God to teach Nebuchadnezzar, as the first global leader, a lesson on God's sovereign control of nations. Dan. 4:17: "that the living may know that the most High ruleth in the kingdom of men, and giveth it to whomsoever he will, and setteth up over it the

basest of men." Read also Dan. 4:25,32. God always give us the government we deserve whether those being governed consider it good or bad.

God has honored the pilgrims who signed the Mayflower Compact dedicating this nation to Jesus Christ. God has honored the patriots of the revolution who declared, "We have no king but Jesus!" God is still honoring His Christian remnant. May we also honor those soldiers who have fought and died to preserve our liberties. Pastor "B"

Please pray for God's blessings upon the ministry of this column and our church Website at <http://www.i2k.net/~cba>. We at Calvary Baptist Church invite you to learn more from the Bible about Jesus Christ. Join us in a verse by verse study of the gospel of John each Sunday.

**The Bible Speaks is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.**

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Send name, address, and age to  
**Calvary Baptist Church**  
6504 West M-72, Grayling, MI 49738  
Call (989) 348-8356 or 348-9220

## Cardinal solves case at Hartwick Pines

The free, annual Christian comic strip publication, "Cardinal Adventures," celebrates its 13th year of publication with a trip to Hartwick Pines State Park, north of Grayling. There, the strip's hero, The Cardinal, must solve a case involving some strange disappearances and uncover the truth about a mystery dating back to the logging era.

The story was written and drawn by Grayling native, Kurt J. Kolka, who said it's a salute to the Grayling area. "It's a story both locals and tourists will find fun," he said. "Local readers will enjoy seeing the Cardinal walking down the streets of Grayling, as well as in Hartwick Pines."

"Besides the amusing Pines story, tourists will find this edition packed with information about the various attractions to experience in Grayling, both historical and natural."

"When I wrote the story, I drew my ideas both from growing up in Grayling and the three summers I spent working at Hartwick Pines. If you've ever walked through the Pines at night, it tends to be a bit spooky. I always thought it would be a great place for a suspense story."

"There are also some historical elements in the story. We mention the old time loggers of course, because the park revolves around that theme. But, there are events in the story tied to more recent histo-



This year's edition of Cardinal Adventures is based at Hartwick Pines State Park and in the Grayling area.

ry -- the late 1970s -- when I was a teenager."

According to Kolka, the stories blend fun and adventure with a moral message at the end of each issue.

Seventeen churches and Christian businesses have joined the Grayling-based Sunday Comics Ministries, Inc. to produce over 15,000 copies of the free comic tabloid this summer.

The annual non-denominational publication is sponsored by Mount Hope Lutheran Church and Resurrection Life Church in Grayling; Friendship Church and The Word Bookstore in Gaylord; and the Congregational United Church of Christ in Lewiston, among others.

Copies are being placed in businesses across a 16-county area of northern Lower Michigan and the

easter Upper Peninsula.

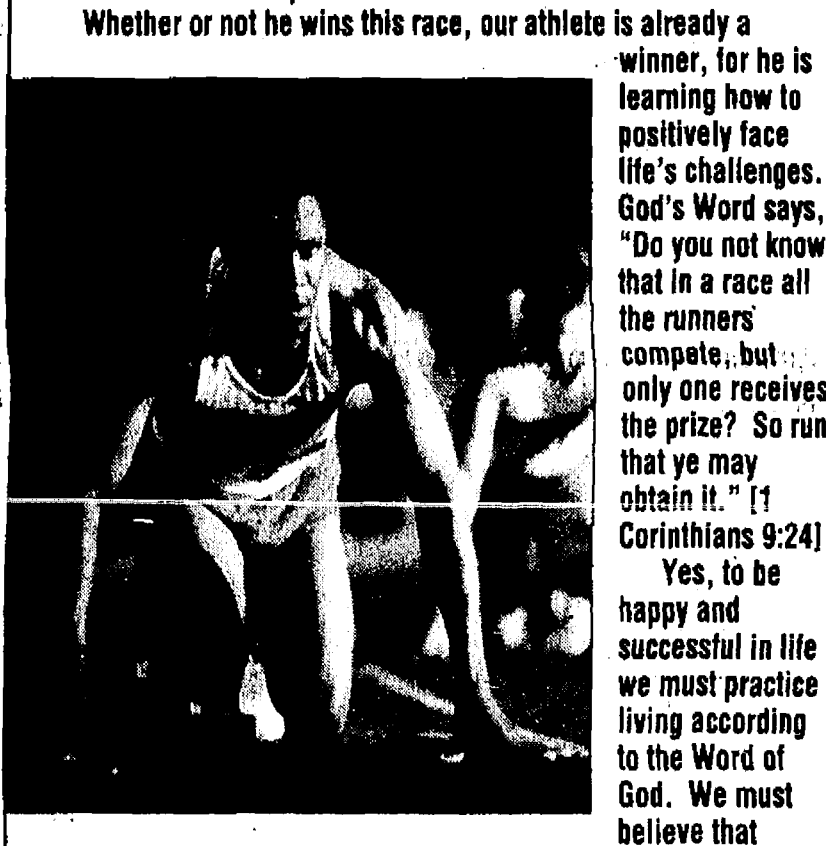
The Christian comic features three complete comic stories by Kolka, G. Raymond Eddy of Columbus, Ohio, and Erica Well of Nashville, Tennessee. Eddy draws a strip called "Galen" about an angel mouse and Well is cartoonist for the "Miller Sisters," a new strip designed for girl readers.

Copies of the comic are available locally at Stevens Family Circle in Grayling, Northend Grocery in Frederic, The Book Worm in Roscommon, The Word Bookstore in Gaylord, DJ's IGA in Waters, the Congregational Church in Lewiston, and all businesses featuring the red "Weekly Choice" publication racks.

For more information about Sunday Comics Ministries, or "Cardinal Adventures," contact Kolka at (989) 732-4673.

## "On Your Mark...Get Set...Go!"

His toe is on the mark...his eye on the goal. In his mind this young athlete has already won the race, for to have a chance at glory, his mind must visualize victory. He sees himself crossing the finish line in first place. Will he be the winner?



Whether or not he wins this race, our athlete is already a winner, for he is learning how to positively face life's challenges. God's Word says, "Do you not know that in a race all the runners compete, but only one receives the prize? So run that ye may obtain it." [1 Corinthians 9:24]

Yes, to be happy and successful in life we must practice living according to the Word of God. We must believe that when we have faith in God, we will prevail over our challenges and emerge intact.

Won't you worship this Sabbath? When your heart and mind are focused on our Creator, you will emerge victorious. You will be able to say, as did Timothy when his life was near its finish, "I have fought the good fight, I have finished the race, I have kept the faith." [2 Timothy 4:7]

| SUNDAY              | MONDAY            | TUESDAY                | WEDNESDAY           | THURSDAY            | FRIDAY            | SATURDAY          |
|---------------------|-------------------|------------------------|---------------------|---------------------|-------------------|-------------------|
| Jeremiah<br>31:1-14 | Isaiah<br>31:1-25 | Lamentations<br>3:1-33 | Ezekiel<br>33:10-20 | Ezekiel<br>34:11-31 | Isaiah<br>14:1-19 | Ezekiel<br>34:1-9 |

Scriptures Selected by The American Bible Society  
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Grayling, Michigan 49738

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201 James, Grayling

### GRAYLING BIG BOY RESTAURANT

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Grayling, Mich. 49738

This Church Directory is available to residents and visitors. If you wish to show your support for your church, please send a note to 348-6711 to be included on this page.

### Christian Science Society

209 First St. - Suite 103 - Gaylord  
(989) 732-7001

Sunday Service.....10:30 am  
April through October  
2nd & 4th Wednesday.....7 pm  
Sunday School.....10:30 am

### Michelson Memorial United Methodist Church

Pastor Jeffrey Jagers  
400 Michigan Ave. • 348-2974  
Website: [www.mmm-umc.org](http://www.mmm-umc.org)  
Barrier Free

Sunday Worship.....8:30 & 11 am  
Sunday School.....

Sept. - May

Adult Sunday School.....9:45 a.m.

Children's Sunday School.....11 am

(Childcare Available during 11:00 service)

Bible Study (Wed).....10:30 am

### Seventh Day Adventist

Pastor Jeff Arthur  
Phone 989-275-1061

Services held Saturday at  
Camp AuSable off M-72 East

(1st building on right inside camp entrance)

Church Service

Saturday.....9:30 am

Sabbath School

Saturday.....10:30 am

Prayer Meeting

Tuesday.....7 pm

### Lovells Chapel

Pastor Rev. Gary Hopp  
Sunday School.....10 am  
Chapel Service.....11 am  
Wednesday  
Prayer Meeting.....7-8 pm

### Free Methodist

Joseph Carpenter - Pastor  
Daniel Baldernann-Associate Pastor

6652 (M-72 W.) • 348-9093  
or 348-5362

Early Service.....8:30 am

Sunday School.....10 am

Morning Service.....11 am

Prayer Meeting (Wednesday) 7 pm

### Emma Lowery United Church Of Christ

3474 West Park Road, Luzerne

Sunday Worship.....11 am

Adult and Youth

Sunday School.....9:30 am

### Heritage Baptist

Pastor Ernie Wagner 348-1411  
1841 Hartwick Pines Rd.

1/4 mile west of I-75

Sunday School.....9:45 am

Morning Worship.....11 am

Evening Worship.....6 pm

Wednesday.....7 pm

### Grayling Assembly of God

Rev. Ron Voelker, Pastor  
701 S. I-75 Business Loop  
Church 348-8885

Parsonage 348-2588

Sunday School.....9:30 am

Morning Worship.....10:30 am

Evening Service.....6 pm

Wednesday - Family Night

Adult-Youth-Children.....7 pm

### The Church of Christ with the Elijah Message

Pastor Paul Rolfe  
7662 Kelly Ave., Frederic  
Sunday  
Worship.....10 am & 7 pm  
Wed. Prayer Service.....7 pm

### The Church of Jesus Christ of Latter Day Saints

President David Page

600 North Elm Street, Gaylord

Sacrament.....10 am

Sunday School.....11 am

Primary.....11 am

Priesthood.....12 noon

Relief Society.....12 noon

### Burning Bush Tabernacle

Pastor Patricia Petrie, 348-1278

501 E. Michigan Ave., Grayling

Sunday School.....10 am

Sunday Service &

Children's Church.....11 am

Sunday Evening Service.....6 pm

Monday Prayer Meeting.....7 pm

Wednesday Bible Study.....7 pm

### St. John Lutheran (ELCA)

Appointed Pastor Victor Slayman

710 Spruce Street  
348-5224

Sunday School.....9:15 am

Sunday Worship.....10:30 am

### Community of Christ

Pastor Carol Stephan  
North Down River Rd. at  
1030 Glenn Rd. • P.O. Box 1188

Church School.....9:45 am

Preaching.....11 am

Midweek Service Prayer.....7 pm

### Friendship Church

A Christian Reformed Ministry  
Rev. Dick Oberg, Pastor  
415 Ohio North, Gaylord  
Sunday School.....10 am  
Morning Worship.....11 am  
Tue. Women's Bible Study.....10 am  
Wed. Men's Bible Study.....12 noon

### St. Mary's Roman Catholic Community

Robert W. Nalley, J.V., Pastor

700-708 Peninsular • 348-7657

Sabbath Eucharist

Saturday Vigil Mass.....6 pm

Sunday Masses.....8:00 am

Family Mass.....10:00 am

Scripture Study

(Sundays).....9:15 am

Daily Masses.....

Wednesday & Fridays.....8:30 am

### First Baptist Church of Frederic

Pastor Dale Hammond

Sunday School.....9:45 am

Morning Worship.....11 am

Evening Worship.....6 pm

Wed. Prayer & Bible Study.....7 pm

### St. Francis Episcopal

M-72 West  
Office 348-5850

Sunday Holy

Eucharist.....8:30 & 10:30 am

### Resurrection Life Church

Pastor Jimmie McWatters  
Grayling Days Inn Conference Room

Sunday Service.....10:30 am

Phone: 231-536-7933, Fax: 231-536-3046

Wednesday.....7 pm

(call or e-mail for directions)

Website: [www.rlcnow.com](http://www.rlcnow.com)

E-mail: [pastorjim@rlcnow.com](mailto:pastorjim@rlcnow.com)

### Calvary Baptist Church

Dr. Robert Barnett, Pastor  
M-72 West  
Sunday School.....9:45 am  
Morning Worship.....10:30 am  
Evening Worship.....6 pm  
Mid-Week Services  
Wednesday.....7 pm  
Prayer & Awana Club (Wed.) 7 pm

### Church of Christ

Scott Hoffer, Pastor

Old US-27 at Skyline Rd.  
275-8613

In Search of the Lord's Way

Sunday Mornings on

TV 29 & 8.....7:30 am

Sunday Classes.....10 am

Sunday Worship.....11 am

Sunday Evening.....6 pm

1st Sunday Evening of every month

there is no service.

Wednesday

Mid-Week Bible Study.....7 pm

### Abundant Life Tabernacle

Pastor Lyle Stander

211 Shellenbarger St.  
348-5325

Sunday School.....10 am

Sunday

Worship.....11 am & 6:00 pm

Wednesday Evening.....7 pm

### Grayling Baptist Church

Affiliated with S.B.C.  
Pastor Terry Colby

705 Madsen St. • Grayling  
348-2557

Sunday School.....9:45 am

Morning Worship.....11 am

Evening Service.....6 pm

Wednesday Service.....7 pm

### Bear Lake Christian

M-72 & East Bear Lake Rd.  
Sunday School.....9 am  
Sunday Service.....10 am



## Ervin, Lehman honored for support of Guard

Sergeant Darl D. Large, a member of the MTC, Army National Guard at Camp Grayling and a seven-year employee of Hanson Hills nominated Joe Lehman and Howard Ervin for the Employer Support of the Guard and Reserve Award.

SGT Large noted, "My supervisor, Joe Lehman, was outstanding in his support during my latest call to duty. I was called up to cook in support of troops that were being mobilized for Operation Iraqi Freedom at Camp Grayling."

"My sudden departure from my civilian workplace was an unexpected burden on Lehman who worked long hours for many weeks in my place and trained other employees to free me for military duty."

"Mr. Lehman's selfless sacrifice and many years of enthusiastic support are greatly appreciated."

Of Ervin, Large said, "Mr. Ervin went the extra mile to assist me before a recent call to duty." Ervin is one of Large's civilian supervisors.

"There was a snow storm and I



Colonel Dennis D. Hull, Commander of Camp Grayling Maneuver Training Center was pleased to join SGT Darl D. Large in presenting Howard Ervin and Joe Lehman with Employer Support of the Guard and Reserve Award certificates and pins recognizing their consistent support.

put my car in the ditch, Mr. Ervin pulled me out and he, along with Randy Allison, our company mechanic, repaired two of my three flat tires, and he kindly gave me \$20 toward repairing the

third.

"This enabled me to report for duty in a timely manner to cook for those soldiers that were being mobilized for Operation Iraqi Freedom."

"Both Mr. Ervin's and Mr. Lehman's committed support of the Citizen-Soldier in his workplace is greatly appreciated and reflects their patriotic spirit and love of country."

## Tours successful at Kirtland's Warbler Festival

ROSCOMMON - A full 30 minutes before the first tour into the jack pine forest for a chance to see one of the world's rarest birds, David and Rich Trissel and Brian Woodward were signing in. It was 6:30 a.m. and they were fired up.

"Where you guys from?" one of the festival organizers asked.

"San Diego, California," one of them said. They were the first of an estimated 2,500 visitors to the 10th Annual Kirtland's Warbler Festival, sponsored by Kirtland Community College.

"We've been following the migration of the warbler on the internet," David Trissel said. "From the looks of it, our chances are pretty good of seeing the bird here today."

The group, which planned birding excursions from the Upper Peninsula to Lake Erie, did not leave disappointed.

On the busiest day yet for festival guided tours, most got off the buses back on campus with smiles on their faces. More than 200 people went out on one of three tours. All of them heard the Kirtland's warbler.

Many of them - including everyone who went on the 7 a.m.



Kirtland's Warbler Festival 2003

tour - got a great sighting of it.

The tours also drew people from Alaska, Oklahoma, Texas, New York, Florida, Georgia, Maryland, Pennsylvania, Illinois, Indiana and Ohio, as well as from across Michigan and its Upper Peninsula.

In fact, attendance was so strong that the festival ran short of food, which had never before happened. But that's just a sign of how it's growing as a major, national birding event, said organizing committee chairman Jim Enger. "I was very pleased at the

increase in attendance - especially from other parts of the country," Enger said. "Kirtland Community College is getting some serious recognition because of this event, not only throughout our district and the state, but across the country."

## Local donations not enough to support Red Cross offices

► Gaylord office scheduled to close by June 30; two jobs lost as result

The American Red Cross of Northern Lower Michigan has restructured from a 12-county chapter to a four-county chapter. This change will be phased in during June.

"For disaster relief and armed forces emergency services clients, the change will be transparent," said local Red Cross board chair, Terri Ledwick. "The local volunteers will continue to deliver disaster relief as always. What has changed is where the administration will be handled."

Disaster services paperwork will be processed through the Kalamazoo Red Cross office, which has state-wide responsibility for disaster services.

"Ogemaw and Allegan counties have had Red Cross disaster administration handled through Kalamazoo for over a year, and the process is working smoothly," explained Ledwick. "The armed forces emergency services cases will be handled by our trained volunteers. These cases are handled over the phone, so casework will not be adversely impacted."

"We will still serve and support the military personnel and their families," she assured.

The 12-county chapter was established in 1997 as a way to serve the large rural area. Start-up funds were provided to the local unit, yet donations have not been sufficient to support the programs, offices and paid personnel. This change will allow local funds to be directed to clients in need of Red Cross ser-

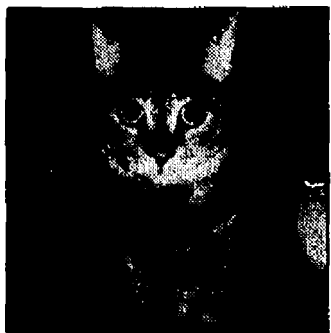
vices.

Letters outlining the change have been sent to area Red Cross volunteers.

The Alpena and Gaylord Red Cross offices will close by June 30. There are two employees losing their jobs from the office

closures. The Petoskey office will remain, providing service to Antrim, Charlevoix, Cheboygan and Emmet counties.

### \$50.00 Reward For Stolen Cat



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May 31st thru June 1st Boy Scout Troop 979 will be selling flowers in the Knights of Columbus parking lot

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| Blockbuster Video                  | Milltown Marine                              |
| Bear's Den Pizzeria                | Northern Cafe                                |
| Burger King                        | Northern Expressions                         |
| Cartwright & Danewell Provisioners | Northern Tails Quality Pet Grooming          |
| Crawford County Avalanche          | Now And Again Studio                         |
| Crawford Station Restaurant        | Pizza Hut                                    |
| Curves For Women                   | Ray's AuSable & Manistee Canoeing            |
| Dairy Queen                        | Rialto Theatre                               |
| Davis Jewelers                     | Rite Aid                                     |
| Dharma Music                       | Riverland Drycleaners                        |
| DXR Computers                      | Riverland Gear                               |
| Fannie Finn's                      | Riverland Photo                              |
| Flowers By Josie                   | Sawmill Tavern                               |
| Fox Run Country Club               | Scott McNamara Ford-Mercury Inc. of Grayling |
| Frederic Inn                       | Sledheads of Frederic                        |
| Glen's Market                      | Spike's Keg O'Nails                          |
| Grayling Aikido Karate             | Subway of Grayling                           |
| Grayling Big Boy Restaurant, Inc.  | Swamp II                                     |
| Grayling Country Club              | Taco Bell                                    |
| Grayling Fish Hatchery             | Therapeutic Massage by Maureen               |
| Grayling Laundromat                | The Bicycle Shop                             |
| Grayling Restaurant                | The Bloumin' Grape Gourmet Deli & Wine Shop  |
| Gray Rock Cafe                     | The Icehouse Quilt Shop                      |
| Hanson Hills Indoor Skate Park     | The Medicine Shoppe                          |
| Hanson Hills Recreation Area       | The Ole Barn                                 |
| Hard Bodyz Sports Club             | Timber Rapids Adventure Golf                 |
| Hehir Fitness-Cardio Kick Boxing   | Toupin Chiropractic PC                       |
| qJ Dap Co.                         | Wendy's                                      |
| JJ's Motor Mall                    | Wimpys                                       |
| Kentucky Fried Chicken             |                                              |

Proceeds Go To Community Improvements

## SENIOR CITIZEN NEWS

by Nova Anderson

Join us for a meal, either at noon or 5 pm weekdays except Friday, there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for. The Center is located at 308 Lawndale, behind Burger King. Walk-ins are welcome.

May - June:

29 - Spanish Rice/Swiss Steak; Blood Pressures from 11 a.m. to 12 noon; Painting and Crafts at 1 p.m.

30 - Swedish Meatballs/No Dinner; Pantry Bingo at 1 p.m.

2 - Turkey/Pork Steak; Stag Cards at 12 noon; Bridge Club at 1 p.m.; Hangman at 5:30 p.m.

3 - Salisbury Steak/Baked Chicken; Bible Study at 10:30 a.m.; Euchre at 1 p.m.; Cardo at 5:30 p.m.

4 - Porcupine Meatballs Brown Steak; Hearing Clinic, Commodities at 10 a.m.; Exercise and Line Dancing from 10 to 11 a.m.; Stag Cards at 12 noon; Computer Class at 3:30 p.m.

The May 30 fundraiser has been canceled. Join us for Sunday Brunch on June 1. Call 348-7123 for more information.

## SHERIFF'S REPORT

Crawford County Sheriff Kirk Wakefield reports his office handled the following 86 complaints the week of May 19-25:

Five traffic accidents, two non-traffic accidents, two traffic violations (civil infractions), one traffic safety public appearance, three accidents - all other, nine civil matter disputes - family trouble, nine suspicious situations, three lost and found property, one missing person, 14 general non-criminal, one structure fire, one delinquent minors, three false alarm activations, one criminal sexual conduct/ sexual

assault, one assault/intimidation/stalking, four burglary/home invasion, two larceny, one larceny - other, three damage to property, two drug/narcotic violations, 11 public peace/disorderly, one operating under the influence of alcohol, three health and safety, one miscellaneous criminal offense, two driving violations/DWLS, etc.

Sheriff Wakefield asks: "Do you know where your children are?"

For more information, log on to: [www.crawfordsheriff.org](http://www.crawfordsheriff.org).

### CEMETERY MEMORIALS

Jet Black Monument with Etching

36 x 06 x 20 All Polished Die, 48 x 12 x 06 Base

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## OBITUARIES

Connie Jean (Stever)

Klonowski

May 14, 2003

Connie Jean Klonowski, 37, of Roscommon formerly of South Branch Township, died Wednesday, May 14.

Funeral services were held on Friday, May 16.

Arrangements by Walsh Funeral Home, Roscommon.

Betty J. Missinne

May 29, 1932-May 24, 2003

Betty J. Missinne, 70, of Roscommon (Beaver Creek Township), died Saturday, May 24, 2003.

Funeral services were held on Tuesday, May 27.

Arrangements by Walsh Funeral Home, Roscommon.

Arnold Mauren

Aug. 24, 1914-March 13, 2003

A memorial Mass for Arnold Mauren will be held on Saturday, June 7 at St. Mary's Catholic Church beginning at 11 a.m. Visitation will be on June 7 from 10 to 11 a.m. at St. Mary's Catholic Church, Grayling.

In Memory of

William B. Scheer

Oct 22, 1921-May 26, 1998

It seems impossible that you left this Earth five years ago. We miss your huge bear hugs, your guidance and your unconditional love. Your family misses you and thinks about you every day. Our memory of you will live in us forever.

From your loving family  
XO XO XO

In Memory of

Linda Dannenberg

Feb. 22, 1957 - May 28, 2002

MY FRIEND

Someone to talk, to listen to, to laugh with, to cry with,

Someone to be there for in good times, and in bad times, always there for each other no matter what.

That was you and I, Linda. I miss you, but you're with God now and in a much better place.

Best Friend,  
Maribeth

In Memory of

Shane M. Piehl

March 12, 1990-May 29, 2001

It's been two years, but it seems like a lifetime. We have more questions than answers.

I wish people could have known the son I knew. The son who always said "I love you;" the son that was so tenderhearted.

I wish you could see your daughter now. She's so sweet and beautiful. You would be so proud! She talks about you a lot and misses you, too!

I love you as only a mother can love her child. I miss you terribly....

Love  
Mom

Card of Thanks

We would like to thank everyone who donated and attended the benefit dinner. Thank you again. A special thanks to Jill Anderson and Mike and Carmen Phipps.

The family of  
James Fear

## RANGE FIRING

Range firing scheduled during May 28 - June 3 is as follows:

The Range 40 Air to Ground Complex, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard during the following dates: May 28 - 29; June 3.

Small arms ranges located west of Lake Margrethe, north of Howe Road, east of the gas pipeline and south of Portage Creek: May 28; May 30 - June 1.

Range 20 and 21, Demolition Ranges located south of the main post, north of Carrier Road, east of Range 13 and west of Beaver Creek (Military Road): May 31 - June 2.

Range 17, Hand Grenade Range located south of the main post, north of Carrier Road, east of Range 13 and west of Beaver Creek (Military Road): May 28.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Occasionally, the Post Commander without additional notice to the public may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: 989-348-6371.

For further information call 1-800-628-5820.

## MILITARY NEWS

Army Private Justin J. Michal, son of Neal and Joann Michal of Grayling, recently graduated from One Station Unit Training (OSUT) at the U.S. Army Infantry School, Fort Benning, Columbus, Georgia. The training consisted of basic military training and advanced individual training (AIT).

During his basic training, Michal received instruction in drill and ceremonies, military customs and courtesies, map reading, tactics, basic rifle marksmanship, physical fitness, field training, and first aid. He developed combat skills and handled various weapons available to the infantry soldier.

During AIT, Michal received instruction to serve as an infantryman using light and heavy anti-armor weapons, indirect-fire support, and mechanized operations while assigned to a rifle or mortar squad. The training included weapons qualification, tactics, patrolling, navigation, field communications, and combat operations; engagement in infantry combat exercises, battle drills, land mine locating, neutralizing and extracting,



PFC Justin J. Michal

and survival operations during a nuclear, biological or chemical attack.

Since his graduation, Michal has been deployed to Iraq, assigned to the 5th Special Forces.

He participated in the action at Mosul and Tikrit and was awarded the Combat Infantryman Badge.

His unit is now stationed in Baghdad with the mission of seeking out and arresting the leaders of the Ba'ath Party.

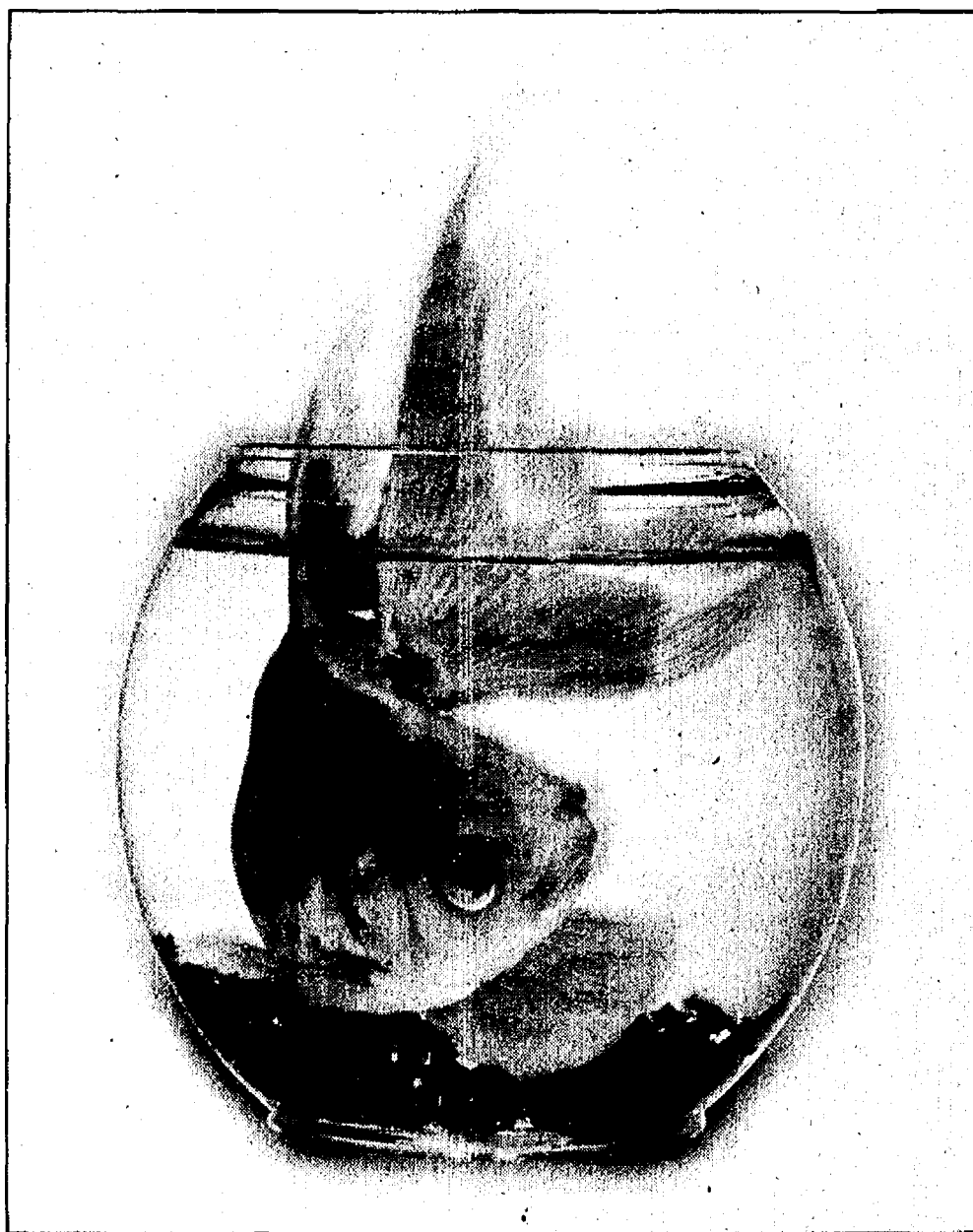
Card of Thanks

We would like to thank our family and friends for the gifts, cards and attending our "surprise" 25th wedding party on Saturday, May 17. A special

thanks to our "sneaky" children, Jeff, Chad, (Teresa), Eric and Tabitha for a wonderful party.

Jack and Sherry Harney

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## Junior Deputy Rodeo informs and delights



Fourth graders from Frederic Elementary and Grayling Elementary schools spent the morning of May 23 exploring safety lessons they had only heard about in the classroom. The students visited nine different stations to do some hands-on learning. The stations involved escaping from a building "on fire" (upper left), learning how to avoid bites from strange animals (upper right), the importance of communication and cooperation especially related to drug and alcohol resistance (lower left), and practicing throwing a flotation device to someone in the water (lower right). Other stations included traffic and bike safety, first aid/emergency situations, conservation laws, when to call 911 and McGruff helped students deal with "stranger danger." Robby, the flirty little MMR remote-controlled ambulance, delighted the students by trundling all over the area, winking and blowing his siren.



## Grayling Elementary Safety Patrol honored



Grayling Elementary Safety Patrol members (in alphabetical order): Selina Anglemeyer, Allie Barber, Grace Calkins, Michelle Chamblee, Brittany Charles, Molli Coe, Sean Coe, Jennifer Denton, Taylor Doremire, Melissa Eckstorm, Allie Fitzpatrick, Savannah Foguth, Anna Hagerman, Colin Hamlin, Mathew Harland, Danielle Harwood, Makenna Harwood, Mariah Hawkins, Kameron Hobson, Mike Hunter, Morgan Lepsy, Johana McGinnis, Jane Moore, Harley Perkins, Kristi Pfeiffer, Jessica Pickell, Mathew Townsend, Zach Trojanek and Jessica Zarnick. Also pictured are Principal Angie Camp, Deputy Bill Bonkowski and UnderSheriff Shawn Krays.

by Susan Warrington  
Staff Writer

The 29 fifth graders who comprise the Grayling Elementary Safety Patrol were honored at a gathering of their peers May 12.

Principal Angie Camp commended the students and said "I have not been prouder of another group of children." She added that they do challenging tasks including keeping the parking lot safe and helping students walk to and from school safely.

Under Sheriff Shawn Krays thanked them for "sacrificing your free time before and after school to make sure your fellow

students are safe." He said the Sheriff's Department appreciated the job they are doing.

Deputy Bill Bonkowski who is in charge of the Safety Patrol program also commended the students on their outstanding job and said they were the leaders of their class. He gave specific recognition to the safety patrollers chosen by their peers as the outstanding safety patroler of the month. He said two students, Jessica Pickell and Melissa Eckstorm, had achieved this honor twice during the

school year, which has never happened before.

The other students also honored as outstanding safety patroler of the month are Grace Calkins, Mike Hunter, and Selina Anglemeyer.

The members of the safety patrol have done such an outstanding job they are being rewarded with a trip to the Great Wolf Lodge in Traverse City in June. The trip is compliments of the Crawford County Deputy Sheriffs Association and Youth Services Division.

## HONORS

### Kaplan College

Carrie Cadeau, of Grayling, has been named to the Dean's List for the Winter 2003 term at Kaplan College. To attain a place on the Dean's List, students must have at least a 3.4 GPA on a 3.95 scale.



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# Cosmetologists donate skills, earn smiles

Make Over Day at Grayling Elementary School was held May 5 with a total of 47 students receiving haircuts and styles from six area cosmetologists. The annual event gives deserving students a "new look" that often includes a beaming smile. Stylists were (standing, left to right) Jo Mayhew, Sonya Bonkowski, Becky Dandy, Judy Long and Wendy Sheldon. Seated: Gail Swope.

Photo courtesy of Grayling Elementary School



## MILITARY NEWS

Army National Guard Pvt. Keil E. Clough has graduated from the advanced individual training wheeled vehicle repairer course at Aberdeen Proving Ground, Aberdeen, MD.

The student received training to troubleshoot, repair, replace and adjust all related engine fuel, air and cooling systems, electrical chassis, mechanical and hydraulic components, systems, and assemblies of wheeled vehicles and diesel power plants/packs. Additional instruction included use of publications, tools, and diagnostic equipment used to repair wheeled vehicles.

Keil is the son of Art and Diane Clough of Grayling, and a 2002 graduate of Grayling High School.

## KCC, teachers' union reach agreement

Kirtland Community College and its teachers' union have agreed on a new three-year contract that both sides hailed as progressive and economically responsible.

The contract not only resolved what the instructors felt were some significant inequities in the workloads of various faculty, but it also included pay raises as high as 2.5 percent.

"It makes a lot of sense, given the uncertainty we're facing economically," said Richard Silverman, Kirtland's dean of education and instructional services who sat on the management side.

"I think we did the right thing by going three years, also," said Marcell Romancky, mathematics instructor and the president of Kirtland's local of the Michigan Federation of Teachers.

Both union members and the college's board of trustees voted unanimously to ratify the contract.

The contract takes effect on July 1, when the old contract expires.

The pact ended bargaining talks that began last September with five months of problem solving sessions. After two months of preparation, the sides came together for intense bargaining most of March and struck an accord in April.

Both Silverman and Romancky hailed the entire target specific bargaining process as amicable as well as productive.

"We had some interesting times," Romancky said.

"It wasn't always a 'win-win' process all the time. Some issues you win, and some you don't

win," said Silverman, a former instructor who helped hammer out several agreements from the other side of the table during more contentious times between labor and management at Kirtland.

"But there was none of that posturing stuff we had in the old days, where you pretended to be mad even when you weren't just to make it seem like this was a final offer. I hated that."

Both also lauded the work of two intermediaries - Don Powers of the Federal Mediation Service and Joe Crowell of the Michigan Federation of Teachers. And both sides agreed the contract remains a work in progress.

They meet quarterly to discuss any issues that arise from unclear contract language or misunderstanding.

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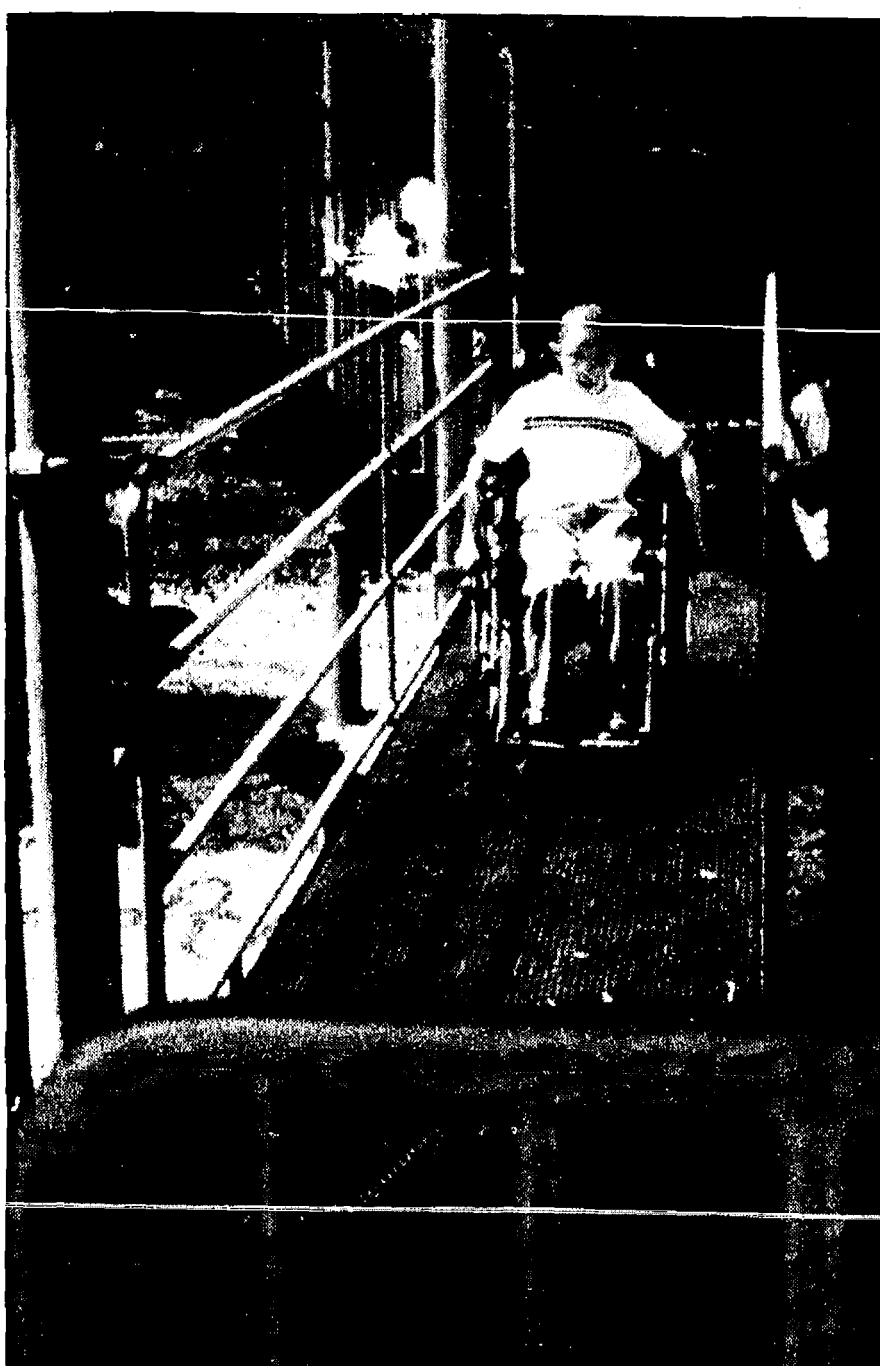
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# Local kids break in new equipment



The community, including all local school children, were invited by Grayling Township Supervisor Terry Wright to help celebrate the grand opening of the Grayling Fish Hatchery Nature Park, now equipped with even more great playground equipment, including some accessible by wheelchair (left).

The celebration took place on the afternoon of May 15, with refreshments for all.

The Nature Park compliments the restoration work ongoing at the old Fish Hatchery, located just across the street from the park on North Down River Road.

Besides more play equipment, the park now has public restrooms. A pavilion will also be constructed at the park this year for the enjoyment of groups, reunions, picnickers, etc.

Photos courtesy of Grayling Township

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## OMH ER nurse receives high honors

Linda Hagland, RN, CEN, Emergency Department Nurse Manager at Otsego Memorial Hospital, has been named Emergency Nurse of the Year by the Michigan chapters of the Emergency Nurses Association (ENA).

The award is presented annually to one Michigan nurse for their outstanding dedication to the emergency nursing profession. Hagland was nominated by the Emergency Department staff at Otsego Memorial Hospital for encouraging staff to excel, expressing appreciation for their efforts, and promoting opportunities for professional growth. She is the first nurse in northern Michigan to receive the honor.

"Every staff member in the Emergency Department signed the letter of nomination we sent to the state ENA," said Elaine Whipp, RN, BSN, CEN, and an active member of the Little Traverse Bay Chapter of the ENA.

"Linda finds many ways to show her staff that she recognizes that skilled emergency nurses are a precious commodity. She respects her staff, encourages their development and supports the values of her profes-



Emergency Nurse of the Year, Linda Hagland, RN, CEN, (center) is pictured with four Registered Nurses from the Otsego Memorial Hospital Emergency Department: Laura Sincok, Elaine Whipp, Gordon Long and Anne Woloson. The Emergency Department nurses nominated Hagland for the annual state award. Hagland is the first representative of northern Michigan to earn the award since its inception in 1981.

sional organization." "We nominated Linda Hagland, RN, CEN, for Nursing Excellence 2003 because she represents what we as nurses

aspire to do," reads the letter of nomination. "She cares and she makes a difference."

Hagland has been the ED manager at OMH since May 1993.

Hagland is also a member of ENA, maintains her Certified Emergency Nurse licensure, and actively promotes the local ENA chapter.

## Nursing grads surpass state, national rates

Kirtland's renowned nursing program is bursting with pride these days after the posting of the past year's Michigan nursing

licensing examination results. The national pass rate for the licensing of practical nurses is 87 percent. Throughout Michigan,

it's 96 percent. The pass rate for Kirtland graduates: 100 percent.

The national pass rate for registered nurses also is 87 percent. Throughout Michigan, it's just 85 percent. The pass rate for Kirtland graduates: 91 percent.

"Congratulations to all of our successful graduates and to our entire faculty who worked so hard to prepare our students," said Karen M. Brown, Kirtland associate dean. "The staff and faculty of the nursing program at Kirtland are proud of its nursing

graduates.

"This year's licensing results represent the first graduates who completed an updated, revised curriculum. We have also recently added a part-time option, with outreach programs in Tawas and Gaylord, as well as a new online RN from LPN program. Our goal is to make sure that quality nursing education accessible for our students throughout northern Michigan."

For more information about Kirtland's nursing program, phone (989) 275-5000, ext. 281.

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## Five generations



Five generations gathered recently for this photo. Seated are great-great grandmother Julie Precord, of Alpena, holding Ethan Dannenberg, and mother Melanie Dannenberg, of Grayling, holding Gavin Dannenberg. Standing are great grandmother Geri Jaracz, of Posen, and grandmother Cheri Green of Grayling. The twin boys were born to Joseph and Melanie Dannenberg on February 25 and 26.

## MILITARY NEWS



Christine Burrell (left) pins the rank of Captain on the collar of her husband, CPT Brian K. Burrell, MIARNG, at a ceremony held April 26. Lt. Col. John Greenwade, of the 764th Maintenance Support Battalion, made the original presentation of the pin. CPT Burrell is now part of the Maintenance Support Operations section of that Battalion, out of Lansing.

## HONORS



Amanda Fortino

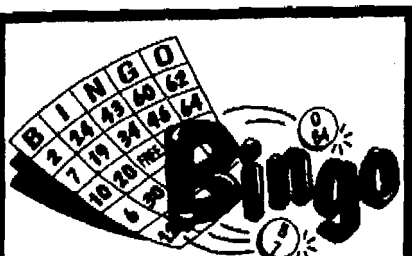
## HONORS

**Western Michigan University**  
Among the 4,570 students who were included on the dean's list for the spring semester of the 2002-03 academic year were:  
Meaghan L. Gosling, of Grayling, who is majoring in psychology. She is the daughter of Charles and Martha Gosling.  
Jeremy Jones, of Grayling, who is majoring in Earth Science. He is the son of John and Cynthia Jones.

**Grand Valley State University**  
Amanda Fortino was accepted into the Padnos International Center to study abroad during the Spring/Summer Semester through Grand Valley State University in Allendale.

She is living and studying in Guadalajara, Mexico and will receive seven credits and a wealth of culture and language experience.

Amanda is the daughter of Mike and Kelly Fortino of Grayling.



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## KCC theatre arts program continues to grow

Three Theatre Arts students, enrolled at Kirtland Community College, just returned from spending a week at the United States Institute of Theatre Technology conference in Minneapolis, MN.

During the week long conference, the students were given the opportunity to experience hands-on operation of the latest in theatre equipment and technology. They attended new product showcases, met with students from all over the country, talked with the manufacturers of theatrical make-up, lighting, sound and costuming supplies.

The students also attended workshops on how to apply for jobs in the theatre, learned about the many career opportunities available to the recent theatre graduate, and explored other college programs for advanced study beyond their experiences at Kirtland.

Funding of the trip was provided by a grant from the Kirtland Community College Foundation.

"We have a strong Theatre Arts program here at Kirtland," said Gray Carton, Director of the Theatre Arts Department. "Enrollment is up in the Theatre courses at Kirtland. Area residents are discovering the fun that can be had participating in Kirtland Center Players' productions, or by increasing their public speaking and communication skills by taking performance

classes in theatre."

Kirtland Theatre students are beginning to expand their horizons by participating in dinner theatre productions that are being presented in area communities. One of the Theatre Arts Department students has recently been awarded a contract for TV commercial work in the area.

Most of the graduates from Kirtland's Theatre Arts Department are working in theatre or continuing their work towards a four-year degree or a graduate degree.

"The advantage of being involved in a smaller college theatre program is that the classes can be structured toward the individual's needs," explained Carton. "This year, another of the theatre students was given the opportunity to intern with a statewide theatre company doing productions in schools throughout the state of Michigan."

The Theatre Department offers classes in introduction to Theatre, Movement/Voice I, Acting I and II, Directing I, Audition/Resume, Stagecraft, and Directed Studies courses in areas of special interest.

For more information on a degree in theatre or getting involved in productions, call the Theatre Arts Department at (989) 275-5000, ext. 375. All of the theatre classes and auditions are open to everyone from high school students to senior citizens.

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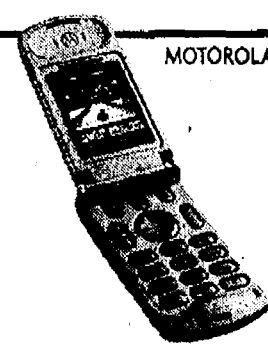
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OR LESS! ERW40W11845 \$10 PER MO.



**KitchenAid**  
Maytag Dishwasher  
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**GPX**  
AM/FM Clock Radio  
with Easy To Read Display  
•Wake to radio or alarm  
•Snooze feature •Red 0.9" LED display.  
**\$397**  
DS155M 4394



**Honeywell**  
HEPA Air Cleaner  
with Ultra Quiet Design  
•Soft touch



## 83RD DISTRICT COURT

### Sentencings for April 2003

#### Hon. John G. Hunter

Daniel Alanjohn Zuzga, age 24 of St. Clair Shores - Equipment Violation - Defective/Missing; \$75 fines/costs.

Anthony Hugo Carson, age 40 of Grayling - Assault/Assault and Battery and Careless Driving; \$445 fines/costs or 44 days in jail.

James Michael Forbes, Jr., age 19 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and No Valid License in Possession; \$435 fines/costs or 43 days in jail.

Martin Joseph Jung, age 31 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and Careless Driving; \$345 fines/costs or 34 days in jail.

Eugene William Carman, age 77 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$160 fines/costs.

Beverly Kay Smock, age 49 of Frederic - OUIL/per se; \$1,410 fines/costs or 140 days in jail, 60 days in jail with credit for one day served, placed on 183 days probation.

Cassandra Jane Kneff, age 32 of Grayling - Operate without Security; \$310 fines/costs or 31 days in jail.

Gerald James Wengle, age 62 of Waldron - OUIL/per se; \$960 fines/costs or 96 days in jail.

Robert Eugene Jansma, Jr., age 29 of Grayling - Equipment Violation - Defective/Missing; \$75 fines/costs.

John A. Sauvinsky, age 38 of Rostown - Crawford County Snowmobile Ordinance Violation; \$210 fines/costs.

Norma Lou Hawley, age 42 of Roscommon - Prescription Form Possession - 1 Year 1,000; \$930 fines/costs or 93 days in jail.

Terrance James Dinnen, age 67 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate and Failure to Stop After a Collision; \$460 fines/costs or 46 days in jail.

John Paul Conway, age 52 of Cheboygan - Operate Without Security; \$460 fines/costs or 46 days in jail.

Timothy Joseph Martin, age 54 of Frederic - Impaired Driving; \$400 fines/costs or 40 days in jail.

Randy Lee Stinson, age 33 of Frederic - Breaking and Entering Illegally without Owners Permission; \$610 fines/costs or 61 days in jail.

Sandra Lynn Davis, age 35 of Grayling - Three counts of Truancy; \$159 fines/costs or 16

days in jail, and two days in jail. David James Goulette, age 19 of Grayling - Assault/Assault and Battery; \$660 fines/costs or 66 days in jail.

Jason Paul Nowak, age 27 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$360 fines/costs or 36 days in jail.

Lawrence Nelson Baker, Jr., age 21 of Grayling - Attempt to Harbor Juvenile Runaway; \$560 fines/costs or 56 days in jail.

Lisa Anne Miller, age 34 of Roscommon - Impaired driving; \$320 fines/costs or 32 days in jail.

Gordon Alvin Gerth, age 49 of St. Helen - Disturbance of the Peace; \$160 fines/costs.

Wayne Thos Ross, age 56 of Grayling - Impaired driving; \$860 fines/costs or 86 days in jail.

Kandy Lee Webb, age 41 of Frederic - Open Alcohol in Motor Vehicle and Impaired Driving; \$460 fines/costs or 46 days in jail.

Stephen John Dutton, age 24 of Grayling - Disturbance of the Peace; \$160 fines/costs or 16 days in jail.

LuAnn Brehmer, age 32 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$160

fines/costs or 16 days in jail.

#### Hon. Eugene I. Tur

Charles Lyle DeVille, age 27 of Lansing - Impaired Driving; \$810 fines/costs or 81 days in jail.

Christine Ann Dupuie, age 52 of Roscommon - OUIL/per se and Controlled Substance Possession of Marijuana; \$1,760 fines/costs or 176 days in jail, 30 days in jail with credit for 20 days served, placed on 183 days probation.

Ronald Lee Kemper, age 42 of Frederic - Non-Sufficient Funds Check Under \$100; \$210 fines/costs.

#### Hon. Patricia A. Morse

Stephanie Sue Mitchell, age 20 of Frederic - OUIL/per se; \$50 fines/costs and 109 days in jail.

#### Attorney Magistrate Julie Delaney

James Michael Forbes, Jr., age 19 of Grayling - Trespass - Forbid/Refuse to Depart; \$159 fines/costs or 15 days in jail.

Tracy Lynn Crouch, age 34 of Grayling - License Suspended/Revoked - Allowed a Suspended Person to Operate; \$210 fines/costs or 10 days in jail.

#### Hon. Dennis F. Murphy

James William Brackenbury, age 31 of Indian River - Larceny by Conversion Under \$100; \$260 fines/costs and \$775 restitution.

## 46TH CIRCUIT COURT

### Sentencings for April, 2003

#### Hon. Alton T. Davis

William Benjamin Boyd, age 21 of Grayling - Larceny from a Person; 180 days in jail with credit for 124 days served and 56 days held in abeyance; ordered to pay \$91.30 restitution, \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, and \$350 attorney fee; placed on 24 months probation.

Steven Paul Wells, age 44 of Roscommon - Operating - Operate Under the Influence of Liquor/per se Third Offense; 365 days in jail with credit for three served; ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$500 penal fine, and \$350 attorney fee; vehicle immobilized, ordered to perform 60 days community service and placed on probation for 24 months.

Kristy Lee Forquette, age 26 of Roscommon - Controlled Substance Possession - Non-narcotic; Drivers license suspended 180 days, 109 days in jail with credit for 109 days served, ordered to pay \$60 to the Crime Victims' Rights Fund, \$60 DNA assessment fee, \$300 court costs, and \$350 attorney fee; placed on 18 months probation.

Kathy Sue MacKay, age 29 of Grayling - Controlled Substance Possession less than 25 grams; Drivers license suspended 180 days, 132 days in jail with credit for 132 days served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$350 attorney fee and \$150 forensic lab fee; placed on 18 months probation.

Mark Allen Gardiner, age 44 of Roscommon - Probation violation; 365 days in jail with credit for 274 served; ordered to pay \$300 court costs, \$350 attorney fee, \$60 DNA assessment fee,

\$60 to the Crime Victims' Rights Fund, \$1,000 penal fine and \$256.35 restitution; must complete rehabilitative treatment for substance abuse after jail term completed.

#### Hon. Dennis F. Murphy

Roger Bruce Matt, age 36 of Grayling - Count 1 Armed Robbery and Count 2 Felony Firearms; 11 years, three months to 25 years in state prison on Count 1, two years in state prison on Count 2. Count 2 sentence to run consecutive with and preceding Count 1; ordered to pay \$120 to the Crime Victims' Rights Fund and \$60 DNA assessment fee.

Roger Bruce Matt, age 36 of Grayling - Weapons-Firearms-Possess; two to five years in state prison, sentence to run concurrent with previous sentence; ordered to pay \$60 to the Crime Victims' Rights Fund.

Jeremie Steven Ruby, age 27 of Ithaca - Assault a Police Officer and Habitual Offender third conviction; 150 days in jail with credit for 17 days served; ordered to pay \$60 DNA assessment fee and \$60 to the Crime Victims' Rights Fund.

Jeremy Gerard Stout, age 21 of Gaylord - Probation violation; 24 months to 10 years in state prison with credit for 525 days served, to run concurrent with sentence being served out of Charlevoix County; ordered to pay \$1,124 restitution and \$60 to the Crime Victims' Rights Fund.

#### Hon. John G. Hunter

Kenneth Enos Minard Jr., age 36 of Grayling - Financial Transaction Device Retain without Consent; 30 days in jail with credit for one day served; ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$277.50 restitution and \$300 court costs.

Martin Earl Alcorn, age 31 of Marion - Operating - Operate Under the Influence of Liquor/per se Third Offense; Drivers license revoked, 330 days in jail with credit for 53 days served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$300 court costs, \$500 penal fine, and \$350 attorney fee; placed on 24 months probation, vehicle immobilized, and ordered to perform 60 days community service.

Billy Joe Antcliff, age 27 of Howell - Controlled Substance Possession less than 25 grams; Drivers license suspended 180 days, 90 days in jail with credit for one day served, ordered to pay \$60 DNA assessment fee, \$60 to the Crime Victims' Rights Fund, \$150 forensic lab fee, \$300 court costs and \$350 attorney fee; placed on 18 months probation.

#### Hon. Patricia A. Morse

Stephanie Sue Mitchell, age 20 of Frederic - Controlled Substance Delivery (Schedule 1, 2, 3); Drivers license suspended per MCL 257.625 (20) (b); 18 months to seven years in state prison (sentence to run concurrent with Break and Enter with Intent sentence); ordered to pay \$1,390 restitution, \$60 to the Crime Victims' Rights Fund and \$150 forensic lab fee; eligible for SAI and residential substance abuse treatment.

Stephanie Sue Mitchell, age 20 of Frederic - Break and Enter with Intent; 12 months to 10 years in state prison with credit for 109 days served (sentence to run concurrent with Controlled Substance Delivery sentence); ordered to pay \$60 to the Crime Victims' Rights Fund and \$60 DNA assessment fee. Restitution to be ordered in an amount not yet determined.

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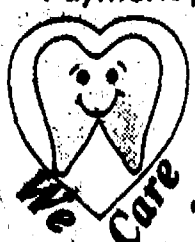
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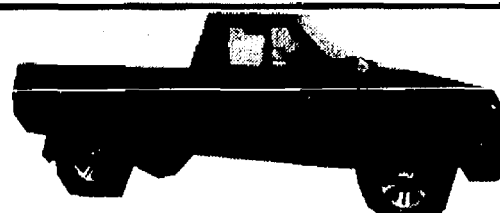
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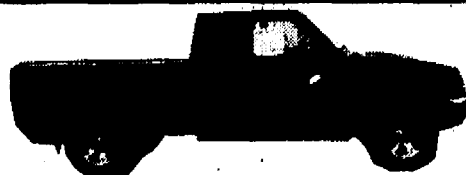
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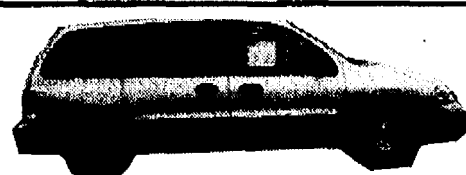
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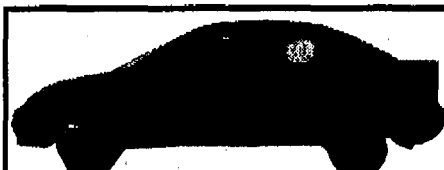
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Softball 2B

## Soccer team ends regular season

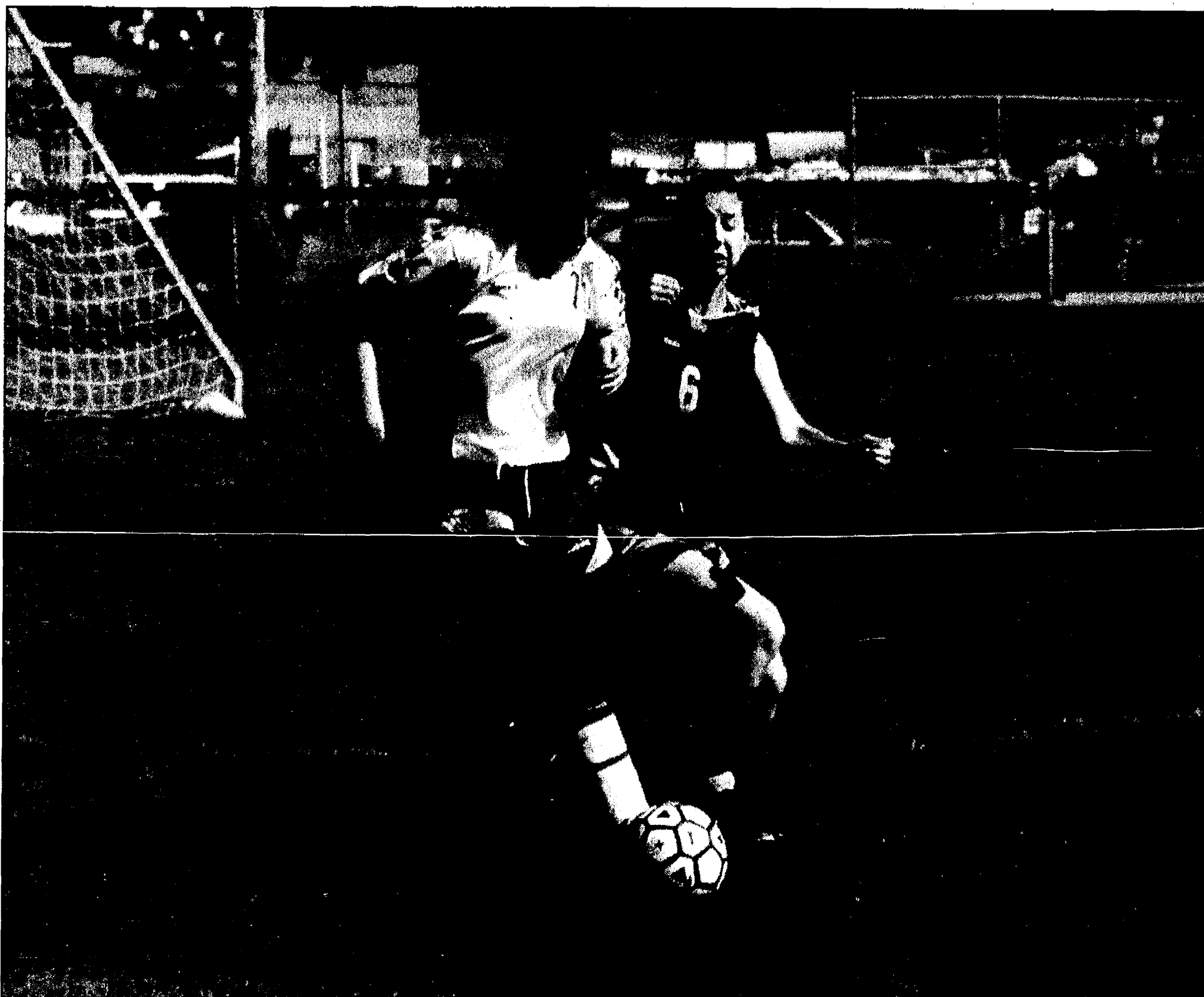


Photo by Caleb Casey

Grayling defender Emily Dunckley battles a Standish player for the ball in last Monday's varsity girls soccer game vs. the Panthers of Standish Sterling Central at GHS. Standish won the game. On Friday, the Vikings finished their 2003 regular season with a match at Bay City John Glenn. For more on the soccer team, see Page 4B.

## Vikings to play in Districts this week

► Soccer team to play on Thursday, baseball & softball play on Saturday

**BASEBALL** – The GHS varsity baseball team drew a "bye" in the first round and will play Houghton Lake in the District semi-finals on Saturday, May 31, at Kalkaska. The game will be played after the 10 a.m. game, which will feature Harrison vs. either Cadillac or Kalkaska.

The District championship game will follow the Grayling vs. Houghton Lake game.

**SOFTBALL** – Grayling High School's varsity softball team will play Houghton Lake in the District semi-finals on Saturday, May 31, at 10 a.m. in Kalkaska. The winner will play against Harrison, Kalkaska, or Cadillac in the District championship game.

**SOCCER** – The Grayling High School girls soccer team will play the winner of the May 27 Houghton Lake vs. Roscommon game on Thursday, May 29, in the District semi-finals. The game will be held at Roscommon or Houghton Lake, depending on which of those two teams advances. A time for the May 29 game was not available in time for inclusion in this article.

The District championship game will be held on Saturday, May 31, at 11 a.m. at Houghton Lake.

## GHS tennis team competes at Regionals

Grayling High School's boys tennis team concluded its 2003 season with Regionals on May 16 at Boyne Mountain.

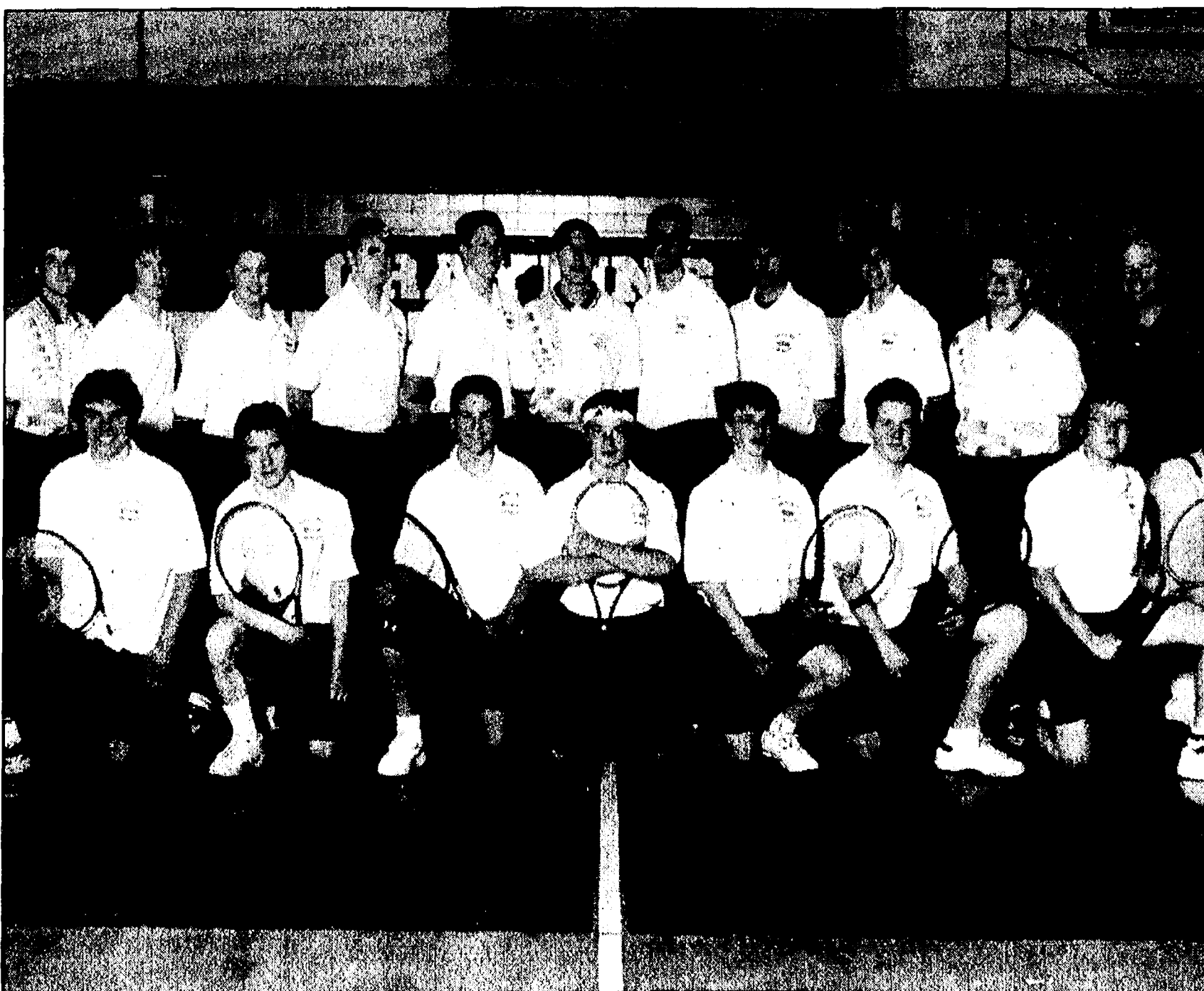
The Vikings posted one vic-

tory at the event: Austin Andrus, at #3 singles, defeated his opponent 6-4, 6-3.

"Last year at Regionals we didn't win a match. This year,

Austin Andrus won his opening round match at #3 singles and earned Grayling a point towards the team score. Although we finished 10th out

of 10 teams at Regionals, the boys played and competed very well," Coach Joe Mau said. "We'll look forward to summer and continue to improve."



The GHS varsity boys tennis team: (front, left to right) Jim Jansen, Nick McNamar, Zeke Hayes, Brady Ward, Austin Andrus, Jason Fekete, Ken Heinlein; (back, left to right) Kip Franklin, Eric Persing, Mike Hoag, Jenson Dreasky, Zach Dean, Jason Henning, Will Brewer, Erik Olson, Todd Gaffke, Robert Feutz, Coach Joe Mau.

## Seven Vikings place in top three at league meet

► Grayling's boys track and field team competes in NEMC meet

The GHS boys track team recently finished its conference schedule with competition in the North East Michigan Conference meet on May 21 at Standish Sterling Central. Grayling finished 5th out of the seven NEMC teams at the event.

Seven Vikings earned all-conference recognition by placing in the top three at the NEMC meet:

- Tim Umlor, 3rd, discus, 128'0". "He held off some of the top throwers," Coach Darnell Wilson said. "He worked hard this year and it paid off for him. I'm proud of him, and I expect bigger things from him next year."

- Ryan Schmidt, 3rd, 300-meter hurdles, 43.72. "A huge step for him," Coach Wilson said. "He ended up beating the kid out at the last hurdle. Ryan showed big improvement from beginning to end this year. I'm proud of him, and I expect bigger things from him, too."

- Tyler Cragg, 3rd, 400-meter dash, 54.48. "He had a strong day," Coach Wilson said. "He has been our workhorse this year. He's been our leader all season long."

- Michael Salyers, Shawn Gabriel, Brent Gabriel, Reagan Schmidt, 3rd, 4X800 relay, 9:20.07.

Ogemaw Heights won the meet with 207 team points.

Tawas placed 2nd with 186; Bay City John Glenn had 102; Pinconning was 4th with 39 points; Grayling finished with 38; Standish Sterling Central scored 30; and Oscoda had 17 team points.

On May 12, the Vikings competed in a four-team meet at Harbor Springs. Grayling placed 4th in team score, but had several athletes that finished on the leader board:

- Pawel Wojcik, 4th, 110-meter hurdles, 19.81;
- T. Cragg, 3rd, 100-meter dash, 11.98;
- Chris Squire, 4th, 300-meter hurdles, 53.19;
- Chris Cragg, 5th, 200-meter dash, 25.08;
- Umlor, 5th, discus, 108'4";
- S. Gabriel, 3rd, high jump, 5'0";
- Ryan Schmidt, 5th (tie), long jump, 17'4".

"All in all, I was very pleased with the team for the whole entire season," Coach Wilson said. "A lot of guys made new personal bests. That's what I like to see: improvement and consistency. We have a lot of work to do, but we were consistent."

"We have a young team with a lot of sophomores. We have potential. We have some new additions coming next year (from the middle school)," Coach Wilson said. "We have guys – like Tim Umlor, Tyler Cragg, and Ryan Schmidt – that should be able to place in the state in the future."

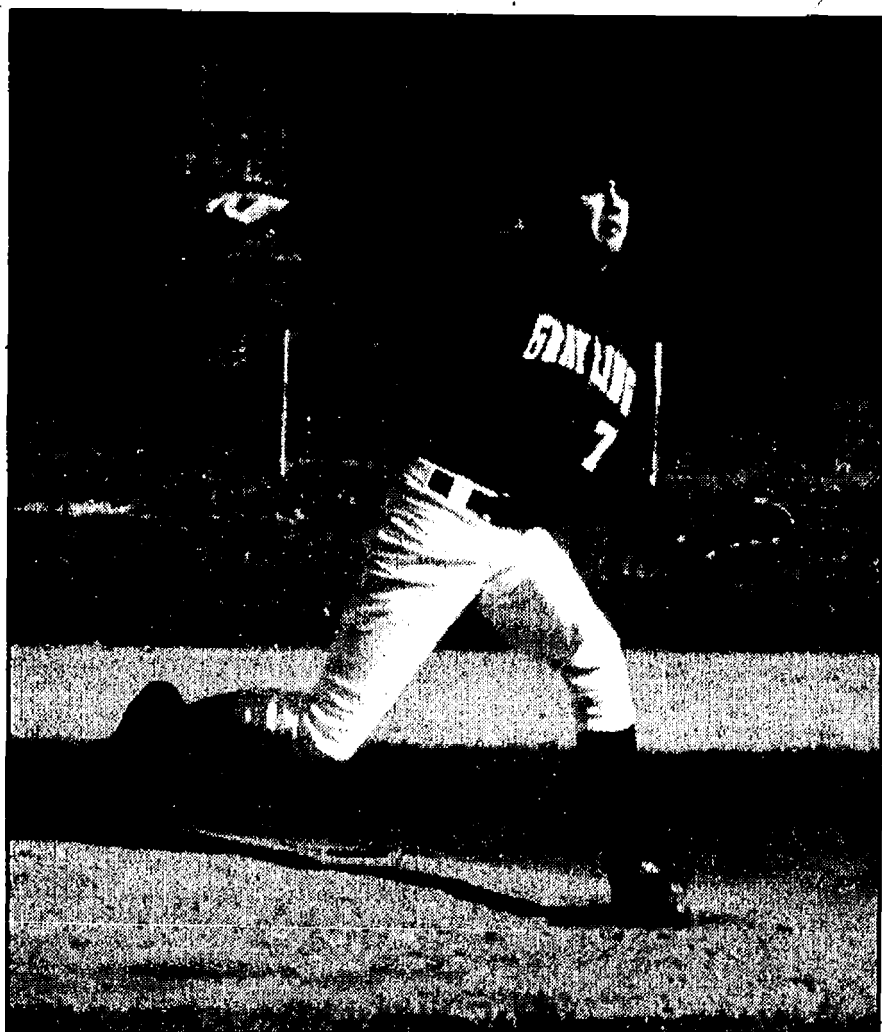
"I can't wait for the next season," Wilson said. "I'm proud of my guys."







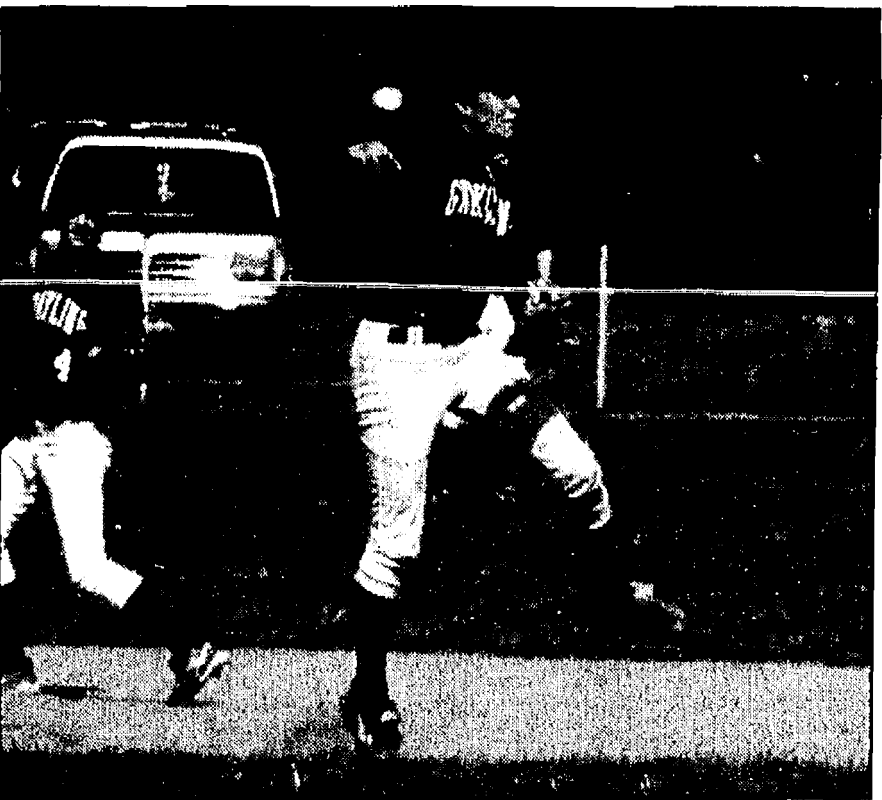
# Vikings lose two to Falcons



Joe Lange throws a pitch in game one of the Grayling vs. Ogemaw Heights varsity boys baseball game last Tuesday.



Lee Schreiber rounds third base for Grayling in the series vs. West Branch.



Shortstop Adam Kaiser throws to first base after fielding a grounder.

## GRAYLING COUNTRY CLUB NEWS

### Wednesday Ladies Golf League

by Donna Thomson  
Wednesday Ladies League

On Wednesday, May 21, the Ladies League had a beautiful, bright sunny day, but very cold. It warmed up a little bit, but we are really ready for warmer and warmer weather.

Our play for today's "fun day" was a three-man scramble. The team of Treva McClanahan, Joan Phillips, and Dorothy Walker took 1st place with a 37.

In 2nd place with a 40 was the team of Sharon France, Mo McNamara, and Donna Thomson.

For 3rd, it was a three-way tie between the teams of Marilyn Hartman, Joann Michal, and Shirley Parker; Diana Doremire, Sally McNamara, and Nancy Hoffman; and Jeanette Kitchen, Ann Latusek, Beverly McNamara, and Katy McNamara.

We had three chip-ins today: Marilyn Hartman on #16, Mo McNamara on #16, and Balkis Shippy on #17.

A nice lunch of bean soup, half a club sandwich, and strawberry shortcake was enjoyed by all.

Shirley Bendig passed out our play books for league play. This

is a very big job and requires lots of mixing and matching to get us all playing our proper opponents in each flight. This task has been done — for as many years as I can remember — by Jeanne Thompson, who is not able to play with us this year. She is missed very much. On a high note, Jeanne was able to join us for lunch today and we all wish her the best.

President Mo McNamara announced that on June 18 at 1:30 p.m., we will be given a "short game" lesson" by golf pro Bruce Fossum. We hope that as many people as possible are available to stay and take advantage of this wonderful opportunity to either change our bad habits or improve our good ones.

Well folks, I hope everybody had a safe, enjoyable holiday weekend and that our temps will start rising real soon so more people can get out and enjoy our beautiful golf course.

Donna Grass, our course superintendent, and her team of hard workers have done a wonderful job of beautifying and maintaining our fairways and greens.

That's all "fore" now.

The GHS varsity boys baseball team lost both games of a doubleheader vs. West Branch Ogemaw Heights by scores of 16-2, 5-4 in Grayling last week.

In game one, leading hitters for Grayling were Andy Strohpaul, Gibson Tobin, Adam Kaiser, and Ryan Davis, all of whom batted 1 for 2 in the contest.

In the second game of the

series, leading hitters for GHS were: Joe Lange, 1 for 2 (HR), 2 RBI; Greg Morrill, 2 for 4; Davis, 2 for 3.

On Saturday, May 31, the Vikings play Houghton Lake at Kalkaska in a District Tournament semi-final game at 12 noon. If the Vikings win, they will play Harrison, Cadillac, or Kalkaska for the District championship.



Photos by Caleb Casey

Ryan Davis pitches for Grayling against West Branch Ogemaw Heights last week.



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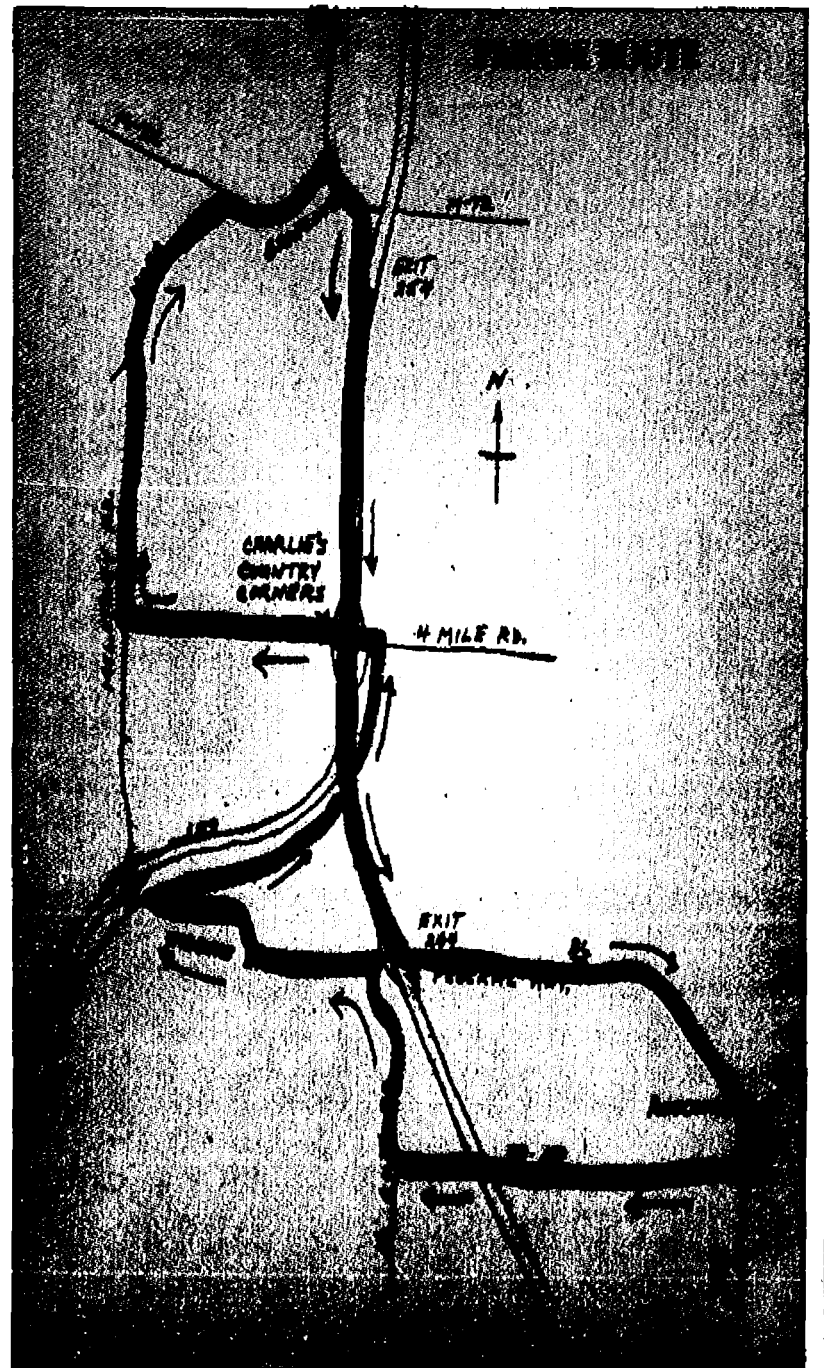
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Photos by Caleb Casey

Goalie Ashley Bancroft makes a save for Grayling in last Monday's varsity girls soccer match vs. the Panthers of Standish Sterling Central.

## Soccer team falls to SSC, Bay City

► Vikings to play at Roscommon or Houghton Lake for District game

The Grayling High School varsity girls soccer team finished its 2003 regular season with conference games against Standish Sterling Central and Bay City John Glenn last week.

On Monday, the Vikings fell to Standish Sterling Central 6-0 at

GHS.

"Standish played well with a versatile team," Coach John Haven said.

Grayling goalkeeper Ashley Bancroft had 34 saves in the contest. On offense, Jill Seager had five shots on goal for the Vikings.

The match was Senior Night and Parents Night for Grayling. For three Viking seniors – Bancroft, Monica Safin, and Michele Belcher – it was their last home soccer game at GHS. At halftime, parents of the play-

ers were honored.

On Wednesday, the Vikings lost to Bay City John Glenn 6-0 at Bay City in the team's final regular season match of 2003.

Bancroft had 21 saves in the game.

"John Glenn has several players that are fast and difficult to defend. This was one of the most physical games we played. I'm proud of these girls for hanging in there and working for the ball," Coach Haven said. "They have continued to play aggressively and energized throughout


their games. I am very proud of them."

The Vikings will play the winner of Roscommon vs. Houghton Lake (at whichever school wins) on Thursday, May 29, in the District semi-finals. (GHS drew a first-round "bye.") Game time had not been determined as of last Friday.

If the Vikings win on Thursday, they play Suttons Bay or Cheboygan at 11 a.m. in the District championship game on Saturday, May 31, at Houghton Lake.

**Days Inn**

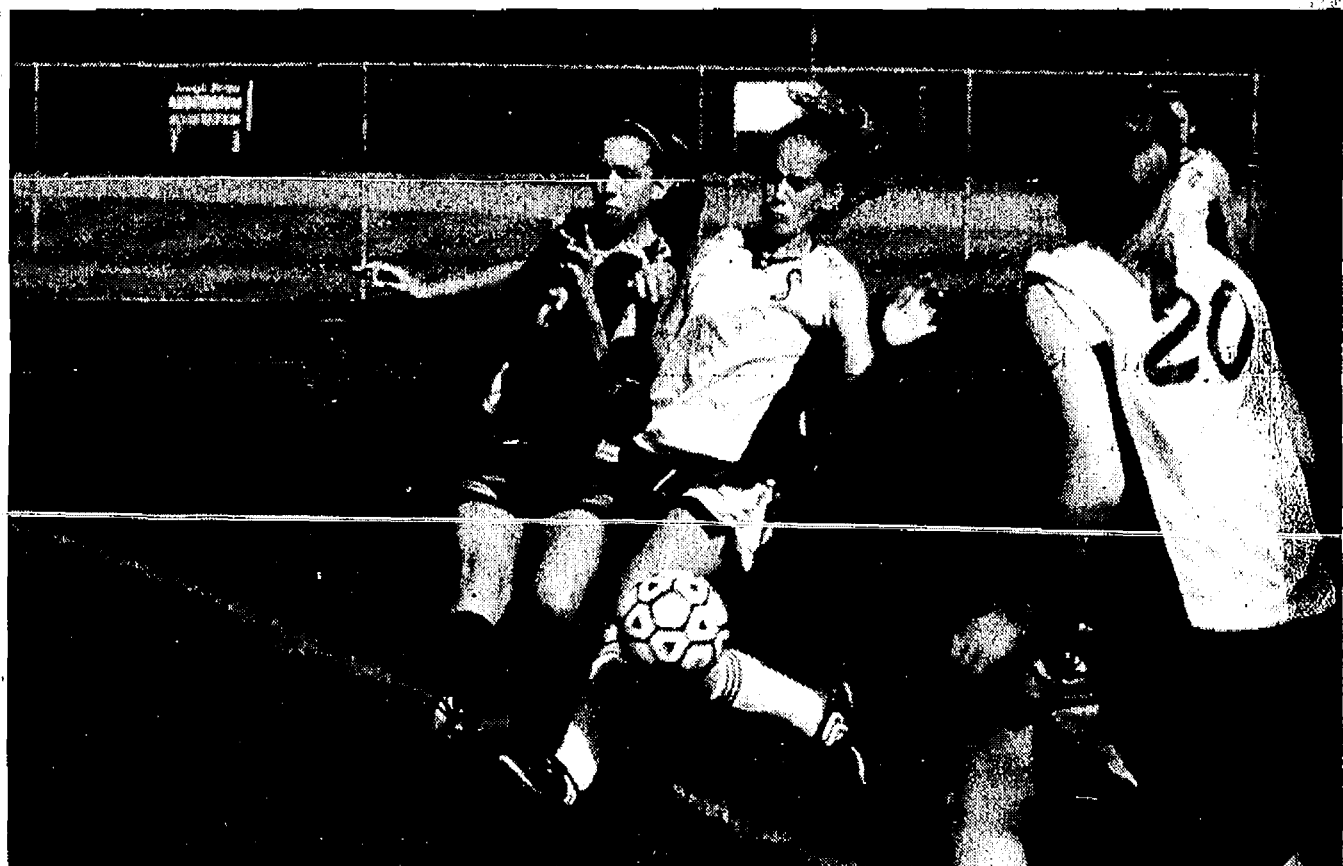
**Viking of the Week**



Varsity Girls Soccer  
Coach: John Haven

**EMILY DUNCKLEY**

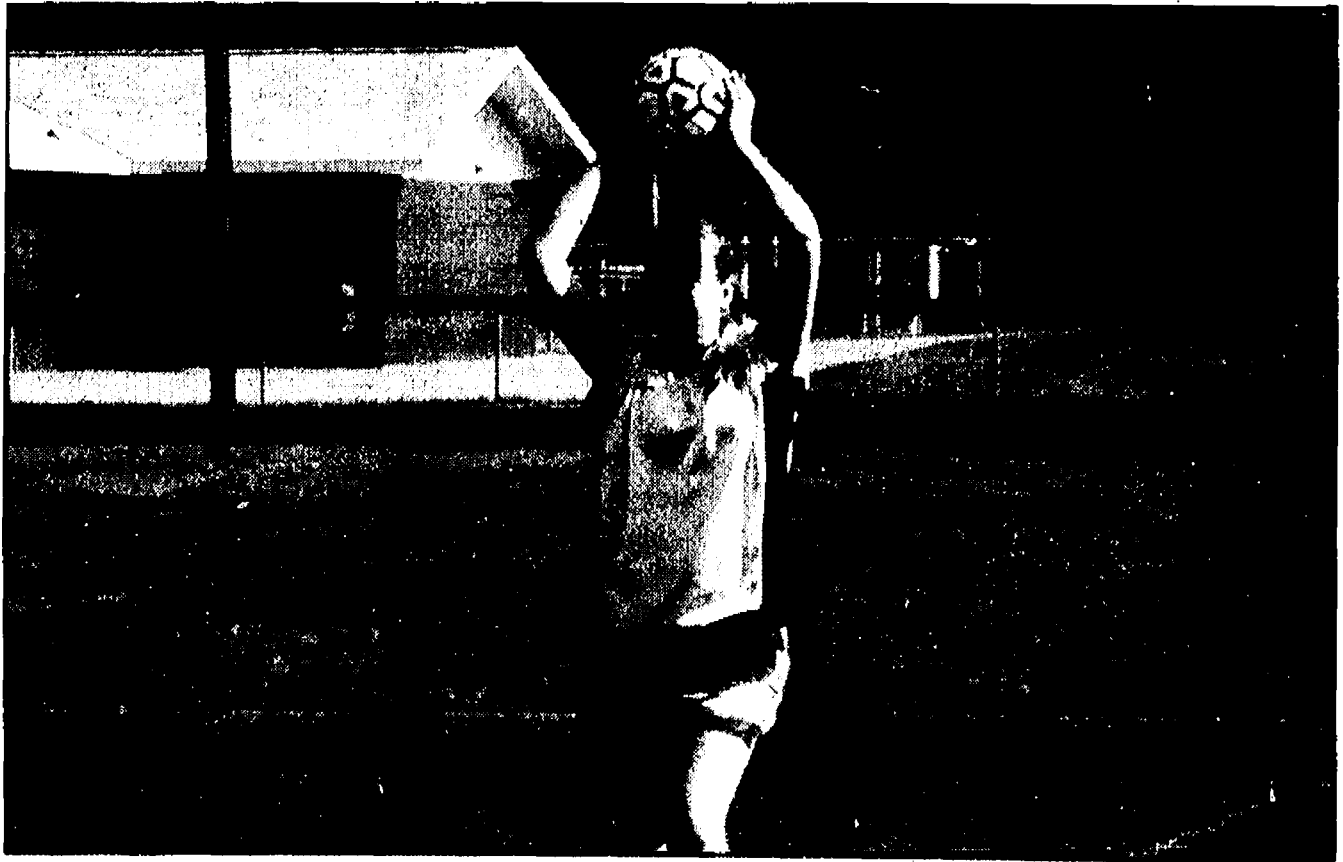
As a defensive back, Emily plays the strong side with speed and toughness that makes it hard for opposing players to get by.



Casey Mahaffy fights for a ball in the game against Standish on Monday.



Emily Dunckley tries to keep a ball in bounds in Monday night's contest.



Megan Fekete takes a throw-in for Grayling in the game vs. SSC.

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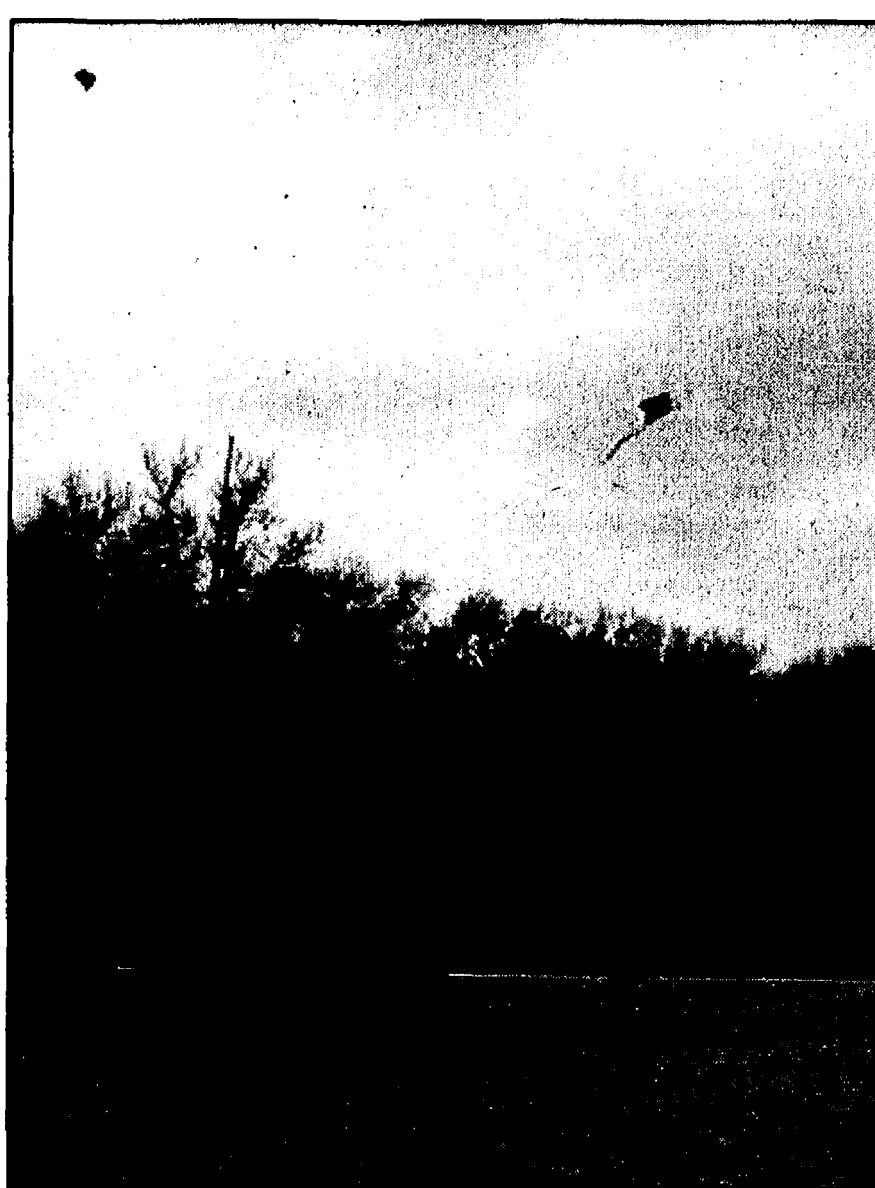
# Kite Day held at Hanson Hills



Participants, parents, and volunteers carefully construct kites at Grayling Recreation Authority's Kite Day on May 17 at Hanson Hills. Free kites were given to more than 50 participants and cookies and juice were provided by volunteers.



Kite Day volunteer Liz Anderson prepares a kite for take-off.



Regardless of poor wind conditions, Kite Day participants succeed in getting their kites soaring.

## Basketball camp slated for June 23-25

The Glen Donahue Basketball Camp - a camp for boys entering grades 3-10 - will be held at the Grayling Middle School on June 23-25.

The camp will be directed by Glen Donahue, head basketball coach at Kirtland Community College, and Rich Moffit, head coach at Grayling High School. Donahue and Moffit will be assisted by KCC basketball players.

The camp will be divided into two groups: grades 7-10 and grades 3-6.

On each day of the camp, the 7-10 group will go from 9 a.m. to 12 noon. The 3-6 group will have the floor from 12:30 p.m. to 3:30 p.m.

Cost to participate in the camp is \$25. Checks should be made payable to G. Donahue.

To sign up for the camp, fill out the attached application and return it to Grayling Middle School, Grayling High School, Grayling Elementary School, Roscommon Middle School, Roscommon High School, or mail the form to: Coach Donahue, Kirtland Community College, 10775 N. St. Helen Road, Roscommon, MI 48653.

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The undersigned agrees to hold harmless, indemnify, & pay any attorney fees of the employees of the Donahue Basketball Camp, CASD, & the state of Michigan, its servants, agents, & employees from any claims or demands that I may have of whatever kind & nature arising out of activities at or use of the premises controlled by the above mentioned. In the event of an emergency, I give permission for my son to be placed under the care of a qualified doctor or nurse.

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8 am both days

HELD RAIN OR SHINE

989-687-9001 (7 pm - 9 pm) www.miantiquefestival.com

### CRAWFORD COUNTY TRANSPORTATION AUTHORITY

WEEKDAY SCHEDULED SERVICES TO:

FREDERIC & MAPLE FOREST

|                 |            |
|-----------------|------------|
| Leaves Grayling | 5:45 a.m.  |
| Leaves Grayling | 6:45 a.m.  |
| Leaves Grayling | 9:00 a.m.  |
| Leaves Grayling | 11:30 a.m. |
| Leaves Grayling | 3:30 p.m.  |
| Leaves Grayling | 5:00 p.m.  |

LOVELLS

|                 |            |
|-----------------|------------|
| Leaves Grayling | 9:00 a.m.  |
| Leaves Grayling | 11:30 a.m. |
| Leaves Grayling | 3:30 p.m.  |
| Leaves Grayling | 5:00 p.m.  |

M-72 EAST

|                 |            |
|-----------------|------------|
| Leaves Grayling | 6:00 a.m.  |
| Leaves Grayling | 7:00 a.m.  |
| Leaves Grayling | 9:00 a.m.  |
| Leaves Grayling | 11:30 a.m. |
| Leaves Grayling | 1:30 p.m.  |
| Leaves Grayling | 3:30 p.m.  |
| Leaves Grayling | 5:00 p.m.  |

M-72 WEST

Demand Response Service  
Calls Worked in Between Other Runs

BEAVER CREEK & ROSCOMMON

|                 |            |
|-----------------|------------|
| Leaves Grayling | 7:30 a.m.  |
| Leaves Grayling | 11:00 a.m. |
| Leaves Grayling | 1:00 p.m.  |
| Leaves Grayling | 2:15 p.m.  |
| Leaves Grayling | 4:30 p.m.  |

\*The 1:00 p.m. south run does not go all the way into Roscommon.

To Request Weekday Demand Response Services  
Call Dispatch @ 348-5409.

TRANSPORTATION SERVICES FOR  
CHILDREN LESS THAN 10 YEARS OLD

1. Children less than 4 years of age must be accompanied by a parent, babysitter or other responsible person when riding on a CCTA vehicle.
2. Children, less than 6 years of age, are to be retained on the bus at the point of destination until a responsible adult, or prequalified babysitter walks to the bus and assists the child in exiting the vehicle.
3. A complete copy of related program policies will be provided upon request.

NON EMERGENCY MEDICAL TRANSPORTATION SERVICE

Transportation dependent individuals requiring services to health care facilities providing specialized medical services not available locally may qualify for nonemergency medical transportation services.

For information regarding this program contact:  
Dave Frederick @ 348-8215

## LEGAL ACTION

### STATE OF MICHIGAN DISTRICT COURT CRAWFORD COUNTY FAILURE TO APPEAR

200 WEST MICHIGAN AVENUE  
GRAYLING, MICHIGAN 49738

Case No. 03-1619-SC-1  
Value Corral-Plaintiff  
2370 S. Otsego Ave  
Gaylord, MI 49735  
989-732-3498

vs  
Kimberley Ann Sitarski-Defendant

You are being sued.  
Appearance date: 6-9-03  
Appearance time: 8:30 am  
Place: District Courtroom  
200 W. Michigan Ave  
Grayling, MI 49738  
989-344-3800

Failure to appear by defendant in the civil case may result in a default judgment being entered.  
If you intend to employ a lawyer s/he should be notified of the date at once.

-22-29-5

### STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 03-6592DE  
Estate of Clarence Joseph Sampler,  
Deceased, Date of birth: 04/28/18

NOTICE TO CREDITORS:  
The decedent, Clarence Joseph Sampler, who lived at 310 Golfview Drive, Grayling, Michigan, 49738 died January 25, 2003.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Barbara Swope, named personal representative or proposed personal representative, or to both the probate court at 200

W. Michigan Ave. Grayling, MI 49738 and the named/proposed personal representative within 4 months after the date of publication of this notice.

Kyle T. Legel P59523  
2373 S. I-75 Business Loop  
P.O. Box 665  
Grayling, MI 49738  
(989) 348-5232  
Barbara Swope  
14950 Wampers Lake Road  
Brooklyn, MI 49230  
(517) 592-5321

-22-29-5

### STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD CIRCUIT COURT FAMILY DIVISION PUBLICATION OF NOTICE OF HEARING

File No. 03-6633-NC

In the matter of Domenico Charles Demoines.

Notice: A hearing will be held on Wednesday, June 11, 2003 at 11:30 a.m. in the courtroom, Grayling, Michigan before Judge John G. Hunter to hear a petition to change name from Domenico Charles Demoines to Domenico Charles Galvani.

Date: May 23, 2003  
Liberty Jane Galvani  
810 Plum Street  
Grayling, MI 49738  
989-344-9008

### NOTICE BY PERSONS CLAIMING TITLE UNDER TAX DEED:

To the Owner or Owners of any and all interests in, or Liens upon, the Lands herein described, and to Thelma S. Cochran and to her unknown Husband, owners of last recorded title according to the Crawford

County records, and to William D. Perry, Karen E. Perry, Marry Perry and their Unknown Spouses claiming ownership interest according to Crawford County records, and to their unknown heirs, devisees, legatees, and assigns, including those who are legally incompetent to act in their own behalf.

TAKE NOTICE: Sale was lawfully made of the following described land for unpaid taxes on that land, and that the undersigned has title to the land under tax deed issued for the land. You are entitled to a reconveyance of this land within 6 months after return of service of this notice, upon payment to the treasurer of the county in which the land is situated, of all sums paid for the tax sale purchase, together with 50 percent in addition, and the fees of the sheriff for the service or cost of publication of this notice. The service or publication costs shall be the same as if for personal service of a summons upon commencement of an Action, without other additional cost of charge. If payment as described in this notice is not made, the undersigned will institute Proceedings for possession of the land.

DESCRIPTION OF PROPERTY: State of Michigan, County of Crawford, Township of Maple Forest, Town 28 North Range 3 West, Section 16, Parcel C: Comm at N 1/4 cor of Sec 16, th N 89deg 38min W 814.46 ft. to POB, the S 0deg 18min E 671 ft, th N 89deg 38min W 165 ft, the N 0deg 19min west 671 ft, th S 89deg 38min East 165 ft to POB. 2.54 acres 100% Parcel Number: 20-020-016-005-070-00 100%

DEED NUMBER: 516  
TAX FOR YEAR: 1996  
AMOUNT PAID: \$136.47  
AMOUNT NECESSARY TO REDEEM: \$204.71 (plus sheriff fees)  
(signed) Farm and Forest Enterprises

DBA of Collin K Burnetts, P. O. Box 784, Saline, MI 48176

-15-22-29-5

### TO THE OWNER OR OWNERS OF ANY AND ALL INTERESTS IN, OR LIENS UPON THE LANDS HEREIN DESCRIBED:

Take notice, sale was lawfully made of the following described land for unpaid taxes on that land, and that the undersigned has title to the land under tax deed or deeds issued for the land. You are entitled to reconveyance of this land within 6 months after return of service of this notice, upon payment to the treasurer of the county in which the land is situated, of all sums paid for the tax sale purchase, together with 50% in addition, and the fees of the Sheriff for the service and cost of publication of this notice. The service and publication costs shall be the same as if for personal service of a summons upon commencement of an action. If payment as described in this notice is not made, the undersigned will institute proceedings for possession of the land.

DESCRIPTION OF THE LAND: State of Michigan, County of Crawford, Parcel I Part of the S 1/2 of the NE 1/4 of Sec 28 T25N R2W South Branch Twp, Comm at the E 1/4 cor of said Sec 28 th N 89d 18m W along the E & W 1/4 line 1646 ft to the pob th cont N 89d 18m W 329.20 ft th N 0d 04m 07s E 1329.24 ft to the N 1/8 line th S.89d 21m 20s E along the N 1/8 line 328.92 ft th S 0d 03m 26s W 1329.56 ft to the pob containing 10.04 ac. Also subject to & use of 66 ft rd & utility easement as recorded in L170 P120 & 121. Amount paid: 1995 taxes \$234.15, 1996 taxes \$242.33.

Amount necessary to redeem \$714.72 plus the fee of the sheriff, and the cost of

legal publication.  
Ronald and Joann McClain, 39463 Edgevale, Sterling Heights, MI 48313.  
To: Lewis Sykes, last know address 16159 Sorrento, Detroit, MI 48235, last

grantee in the regular chain of title of such land or of any interest therein as appearing by the records in the office of the Register of Deeds of said County, and to their heirs and assigns.

-15-22-29-5

### Beaver Creek Township Notice Of Budget Public Hearing For General & Special Funds

The Beaver Creek Township Board will hold a public hearing on the proposed Township budget of fiscal year 2003-2004 at the Beaver Creek Township Hall, 8888 South Grayling Road, Grayling, MI 49738, on Monday, June 9, 2003, at 7:30 p.m., during the regular Board Meeting.

The Property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.

A copy of the budget is available for public inspection at the Beaver Creek Township Hall.

This notice is posted in compliance with P.A. 267 of 1976, as amended, MCLA 41.72a (2)(3) and the Americans with Disabilities Act. The Beaver Creek Township Board will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting upon 10 days notice to the Township Board. Individuals with disabilities should contact the Board by writing or calling Sharon K. Hartman, Clerk, at the Township Hall (989) 275-8878.

A copy of the notice is on file in the office of the Clerk.

SHARON K. HARTMAN, CLERK



# LEGAL ACTION

## Mortgage Sale

Robert A. Tremain & Associates, P.C. is a debt collector and we are attempting to collect a debt and any information obtained will be used for that purpose.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Michael L. Cannoy, a married man and Tammy L. Cannoy, a married woman to Ameriquist Mortgage Company, Mortgagee, dated March 20, 2002, and recorded on July 2, 2002, in Liber 587, on page 26 Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of fifty seven thousand four

hundred sixty and 50/100 Dollars (\$57,460.50), including interest at 12.775% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of County Building, Grayling, MI, at 10:00 AM on July 2, 2003.

Said premises are situated in Township of Grayling, Crawford County, Michigan and are described as:

Lots 9, 10, 11, 12, 37, 38, 39 and 40, Block 6, Fourth Addition to Portage Lake

Park, Township of Grayling, Crawford County, Michigan, according to the plat thereof as recorded in Liber 01, Page 22, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 29, 2003  
Attorney for: Mortgagee  
Robert A. Tremain & Associates, P.C.  
401 South Old Woodward Avenue  
Suite 300  
Birmingham, MI 48009-6616  
For information call:  
(248) 540-7701  
Ameriquist Mortgage Company  
Mortgagee

-29-5-12-19

## Mortgage Sale

As a debt collector, we are attempting to collect a debt and any information obtained will be used for that purpose. Notify us at the number below if you are in active military duty.

**MORTGAGE SALE** - Default having been made in the terms and conditions of a certain mortgage made by Dennis M. Bausman and Vicki L. Bausman, husband and wife, Mortgagors, to Commonpoint Mortgage, Mortgagee, dated the 16th day of September, 1997 and recorded in the office of the Register of Deeds, for The County of Crawford and State of Michigan, on the 26th day of September, 1997 in Liber 438 of Crawford County Records, page 553, said Mortgage having been assigned to The Bank of New York, as Trustee under the Pooling and Servicing Agreement dated as of November 30, 1997, Series 1997-D on which mortgage there is claimed to be due, at the date of this notice, the sum of Eighty Nine Thousand Five Hundred Sixty One & 91/100 (\$89,561.91), and no suit or proceeding at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provid-

ed, notice is hereby given that on the 11th day of June, 2003 at 10:00 o'clock a.m. Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the front door to the County Bldg. in Grayling (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 11.2500% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the Township of South Branch, County of Crawford, State of Michigan, and described as follows, to wit:

Situated in the State of Michigan, County of Crawford and in the Township of South Branch.

Being Lot 69, and part of Lots 60, 61 and 62 of the recorded plat of River Forest, being part of the Southwest 1/4 of the Southwest 1/4, of Section 21, part of the Northwest 1/4 of the Northwest 1/4 of Section 28, and part of the North 1/2 of section 29, all in T25N, R2W, South Branch Township, Crawford County, Michigan, described as commencing at the Southwest corner of lot 69 for a point of beginning; Thence North 33 degrees 46' West 167.00 feet; Thence North 24, degrees 09' West 82.2 feet; Thence North 50 degrees 18' East 200.00 feet; Thence North 60 degrees 11' East 100.00 feet; Thence South 17 degrees 15' East 37.6 feet; Thence South 32 degrees 40' East 204.74 feet; Thence South 43 degrees 28' West 60.2 feet; Thence 190.5 feet along the Arc of a 9 degree 28' 30" curve to the right, the long chord of which bears South 52 degrees 29' 30" West 189.71 feet; Thence South 61 degrees 31' West 50.0 feet to the point of beginning.

During the six (6) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale.

Dated: May 8, 2003  
Fabrizio & Brook, P.C.  
Jonathan L. Engman (P536364)  
Attorney for the Bank of New York  
888 W. Big Beaver, Suite 1470  
Troy, MI 48064  
248-362-2600  
The Bank of New York, Mortgagee

08-15-22-29-05

## Notice of Mortgage Foreclosure Sale

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Leesa K. Patterson, a single woman (original mortgagors) to Homestead USA, Inc., Mortgagee, dated May 7, 1999, and recorded on May 17, 1999 in Liber 481 on Page 484 in Crawford County Records, Michigan, and was assigned by said mortgagee to the Chase Manhattan Mortgage Corporation, as assignee by an assignment dated May 17, 1999, which was recorded on July 23, 1999, in Liber 486 on Page 459 Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of Thirty-Three Thousand Fifty-Six and 98/100 dollars (\$33,056.98), including interest at 7.500% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 AM, on June 25, 2003.

Said premises are situated in City of Grayling, Crawford County, Michigan and are described as:

Lot 5, Block 24, Roffee's Addition to the Village (Now City) of Grayling, Crawford County, Michigan, according to the recorded plat thereof, as recorded in Liber 1 of Plats, Page 11, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 22, 2003  
For information, please call:  
Team S (248) 593-1304  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200319205  
Team S

-22-29-05-1

## Notice of Mortgage Foreclosure Sale

This firm is a debt collector attempting to collect a debt. Any information we obtain will be used for that purpose. Please contact our office at the number below if you are in active military duty.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by James Arthur Hurst and Madeline Marie Chase, as joint tenants (original mortgagors) to Centex Home Equity Corporation, Mortgagee, dated February 2, 2001, and recorded on February 12, 2001 in Liber 528 on Page 484 in Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Fourteen Thousand Nine Hundred Fifty-Four and 84/100 dollars (\$14,954.84), including interest at 14.000% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 AM, on June 18, 2003.

Said premises are situated in Township of South Branch, Crawford County, Michigan and are described as:

Parcel1: A parcel of Land located in the West ten acres of the Northeast 1/4 of the Northwest 1/4 of Section 33, Town 25 North, Range 2 West, South Branch Township, Crawford County, Michigan, being further described as follows: Commencing at the North 1/4 corner of said Section 33, Town 25 North, Range 2 West, thence North 89 degrees 37 minutes 04 seconds West along the North line of said Section 1155.66 feet for a point of beginning; Thence continuing North 89 degrees 37 minutes 04 seconds West 163.63 feet; thence South 00 degrees 08 minutes 33 seconds East along the West 1/8 line 443.62 feet; Thence South 89 degrees 35 minutes 17 seconds East 163.63 feet; thence North 00 degrees 08 minutes 33 seconds West 443.70 feet to the point of beginning. Be the same more or less, but subject to all legal highways.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 15, 2003  
For information, please call:  
Team F (248) 593-1313  
Trott & Trott, P.C.  
Attorneys and Counselors  
30400 Telegraph Road, Suite 200  
Bingham Farms, MI 48025  
File #200226648  
Team F

-15-22-29-5

## International Fire Code Ordinance No. 2003-1

An ordinance of **Frederic Township** adopting the 2000 edition of the International Fire Code, regulating and governing the safeguarding of life and property from fire and explosion hazards arising from the storage, handling and use of hazardous substances, materials and devices, and from conditions hazardous to life or property in the occupancy of buildings and premises in the **Township of Frederic**; providing for the issuance of permits for hazardous uses or operations; repealing Ordinance No. 98-8 of **Frederic Township Fire Prevention Code** and all other ordinances and parts of the ordinances in conflict therewith.

The **Frederic Township Board of Frederic Township** does ordain as follows:

**Section 1.** That a certain document, Two (2) copies of which are on file in the office of the **Township Clerk of Frederic Township**, being marked and designated as the International Fire Code, including Appendix Chapters A,B,C,D,E,F, and G, as published by the International Code Council, be and is hereby adopted as the code of **Frederic Township** for regulating and governing the safeguarding of life and property from fire and explosion hazards arising from the storage, handling and use of hazardous substances, materials and devices, and from conditions hazardous to life or property in the occupancy of buildings and premises in the **Township of Frederic** and providing for the issuance of permits for hazardous uses or operations; and each and all of the regulations, provisions, conditions and terms of such International Fire Code, 2000 edition, published by the International Code Council, on file in the office of **Frederic Township** are hereby referred to, adopted and made a part hereof as if fully set out in this ordinance.

**Section 2.** That the following sections are hereby revised:

**Section 101.1** Title, These regulations shall be known as the Fire Code of **Frederic Township**, hereinafter referred to as "this Code."

**Section 109.3** Violation penalties. Any persons who shall violate a provision of this code or shall fail to comply with any of the requirements thereof or who shall erect, install, alter, repair or do work in violation of the approved construction documents or directive of the code official, or of a permit or certificate used under provisions of this code, shall be responsible for a municipal civil infraction as defined in Public Act 12 of 1994, amending Public Act 236 of 1961, being Sections 600, 101-600.9939 of Michigan Compiled Laws, and shall be subject to a fine of not more than Five Hundred and 00/100 (\$500.00) dollars. Each day that this Ordinance is violated shall be considered as a separate violation. The code official is hereby designated as the authorized representative of the **Frederic Township Volunteer Fire Department** by the **Frederic Township Fire Chief** to issue municipal civil infraction citations directing alleged violators of this Ordinance to appear in court.

**Section 111.4** Failure to comply. Any person who shall continue any work after having been served with a stop work order, except such work as that person is directed to perform to remove a violation or unsafe condition, shall be liable to a fine of not less than Fifty and 00/100 (\$50.00) dollars or more than Five Hundred and 00/100 (\$500.00) dollars.

**Section 3.** That the limits referred to in certain sections of the 2000 International Fire Code are hereby established as follows:

**Section 3204.3.1.1** (limits in which the storage of flammable cryogenic fluids in stationary containers is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA Standards

**Section 3404.2.9.5.2** (limits in which the storage of Class I and Class II Liquids in above ground tanks outside of buildings is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 30 Standards and any other applicable NFPA standards.

**Section 3406.2.4.4** (limits in which the storage of Class I and Class II liquids in aboveground tanks is prohibited): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 30 Standards and any other applicable NFPA standards.

**Section 3804.2** (limits in which the storage of liquefied petroleum gas is restricted for the protection of heavily populated or congested areas): **Frederic Township Volunteer Fire Department:** Must meet all applicable NFPA 59 A Standards and any other applicable NFPA standards.

**Section 4.** That Ordinance No. 98-8 of **Frederic Township** entitled "THE BOCA BASIC FIRE PREVENTION CODE, 10TH EDITION 1996" and all other ordinances or parts of ordinances in conflict herewith are hereby repealed.

**Section 5.** That if any section, subsection, sentence, clause or phrase of this ordinance is, for any reason, held to be unconstitutional, such decision shall not affect the validity of the remaining portions of this ordinance. The **Frederic Township Board** hereby declares that it would have passed this ordinance and each section, subsection, clause or phrase thereof, irrespective of the fact that any one or more sections, subsections, sentences, clauses and phrases be declared unconstitutional.

**Section 6.** That the **Frederic Township Clerk** is hereby ordered and directed to cause this ordinance to be published.

**Section 7.** That this ordinance and the rules, regulations, provisions, requirements, orders and matters established and adopted hereby shall take effect and be in full force and effect (30) Thirty Days after publication and in a newspaper of general circulation within the township.

Frederic Township Supervisor

Frederic Township Clerk

Date 5/20/03

Date 5/20/03

## OPEN POSITION ZONING ADMINISTRATOR BEAVER CREEK TOWNSHIP

Beaver Creek Township is seeking an individual to fill our newly created position of Zoning Administrator, to take effect July 1, 2003. This is a part time position, approximately 20 hours per week. The individual we are seeking must work well with the public, preferably have some zoning/code enforcement experience, Builders and/ or Assesing License helpful and have good computer/record keeping skills. Wages negotiable. Please submit resume by May 30, 2003 at 2:00 PM, to: Beaver Creek Township, Sharon Hartman, Clerk, 8888 S. Grayling Road, Grayling, MI 49738.

## REGULAR SCHOOL ELECTION

**NOTICE OF REGULAR ELECTION OF THE ELECTORS OF CRAWFORD AUSABLE SCHOOL DISTRICT CRAWFORD, OTSEGO AND KALKASKA COUNTIES, MICHIGAN TO BE HELD JUNE 9, 2003**

**TO THE ELECTORS OF THE SCHOOL DISTRICT:**

Please take notice that the regular election of the school district will be held on Monday, June 9, 2003.

**THE POLLS OF ELECTION WILL OPEN AT 7 O'CLOCK IN THE MORNING AND CLOSE AT 8 O'CLOCK IN THE EVENING.**

At the regular school election there will be elected two (2) members to the board of education of the district for full terms of four (4) years ending in 2007.

**THE FOLLOWING PERSONS HAVE BEEN NOMINATED TO FILL SUCH VACANCIES:**

**William Dean  
Lewis Madill  
Gary J. Pettyjohn**

Write-in candidates must file a Declaration of Intent on or before 4 p.m. Friday, June 6, 2003.

**THE VOTING PLACES ARE AS FOLLOWS:**

**PRECINCT NO. 1**

**Voting Place:** Grayling Middle School Building, in the City of Grayling, Michigan. The first precinct consists of all the territory of Grayling Township, a portion of Beaver Creek Township, and a portion of Bear Lake Township (Kalkaska County).

**PRECINCT NO. 2**

**Voting Place:** The Frederic Elementary School. The second precinct consists of the territory of Frederic Township, Maple Forest Township, and a portion of Otsego Lake Township (Otsego County).

**PRECINCT NO. 3**

**Voting Place:** The Lovells Township Hall. The third precinct consists of the territory of Lovells Township.

All school electors who are registered with the city or township clerk of the city or township in which they reside are eligible to vote at this election.

This Notice is given by order of the board of education.

*Michael A. Nunn*  
Secretary, Board of Education

**NEED RUBBER STAMPS?**  
Come see us at  
The **Crawford County Avalanche**  
102 Mich. Ave. • Grayling  
(989) 348-6811



FACTS AND  
FEATURES

A LOOK AT OUR PAST  
FROM THE PAGES OF THE AVALANCHE

23 Years Ago  
May 29, 1980

Crawford County Sheriff Joe White announced Tuesday that Dean L. Goss, four-year department veteran, had been named Undersheriff for the county, effective May 15.

James Roger Kitch, of Grayling, has received a Congressional appointment to attend the United States Military Academy at West Point.

A group of four Grayling High School juniors will be off the Boy's State, a week-long government training program at Michigan State University. The Grayling High School representatives and their sponsoring organizations include Scott Dunckley, Kiwanis Club; Scott Rasmussen, American Legion; Tim Sloan, Rotary Club and Devin Ferguson, American Legion.

On June 6, the Grayling High School will graduate approximately 140 seniors. Thirty-eight of those students have maintained an honor point average of 3.0 or better throughout their years of high school. The top ten students are: Rebecca Baker, Stephanie Fick, Mark Kibbe, Cory Meech, Scott Reynolds, Jeff Schrader, Sue Somerville, Lisa Weiss, Mark Whaley and Chris Lepsy.

The Grayling High School Jazz Band, under the direction of Robert Harris braved the elements Saturday to perform outdoors for visitors and shoppers to Grayling's downtown area. Grayling State

Bank provided the accommodations.

Friends, neighbors and area officials gathered downtown last Friday to participate in ribbon-cutting ceremonies at Nene's Nook. Memorial Day was the first anniversary for the downtown business.

Lisa Radenbaugh and Diane Lee raced to hurdles-event wins in leading Grayling to a third place finish in the Michigan Huron Shores Conference track meet held last Thursday at Petoskey. Also winning for Grayling were Beth Jones, Karen Hanson, Jill Headlee, Joyce Stevens, and Shelly Peterson.

Ribbon cutting ceremonies were held last Friday at Northern National Bank as part of the grand opening celebration.

Robert C. Wilson, author of *Crooked Tree* was at the Grayling Mercantile on Saturday, discussing his new book and autographing copies for friends and visitors. Movie rights have already been purchased for the novel, which depicts the story of northern Michigan rampaging black bears who are believed by Ottawa Indians to be controlled by evil spirits.

Mrs. Suzanne McClellan, Kirtland Community College Trustee and a Houghton Lake businesswoman, and Fred Bear, noted archer and founder of Bear Archery Corporation were among dignitaries attending Kirtland Community College graduation

ceremonies. Mr. Bear was the guest speaker and addressed the topic of "Facing Today's World."

Harold A. Elgas, President of Gaylord State Bank, presented a second installment of the bank's pledge to Sister Mary Hilda, RSM, Mercy Hospital Chief Executive Officer. The money will be added to the hospital's building fund.

46 Years Ago  
May 30, 1957

The American Legion Post 106 Memorial Day parade will begin at 10 a.m. at the Legion Building.

Bob Strong, Grayling Viking High basketball coach, has been advised by mail that he has been named to N.H.S. All America Basketball team by the Wigman Wisemen of America.

About 2,000 people attended the grand opening at Mac's Drug Store in Grayling last weekend. The store which has served this area for nearly 30 years has been completely redecorated and refurbished.

Fifty-eight high school seniors will receive their high school diplomas in ceremonies this next week. Grayling High School will graduate a class of 46 white Frederic Community School will confer diplomas on a class of 12.

The Grayling High Vikings finished sixth in the Northern Class C Conference meet held in Charlevoix last Tuesday.

The Burrows Food Market has been completely remodeled and will hold a grand opening this weekend. Specials include a giant sized box of Tide for 69 cents, one pound of Maxwell House Coffee for 89 cents and hot dogs for 42 cents a pound.

69 Years Ago  
May 31, 1934

Our city park system is now well equipped with hose and sprinklers and all are being kept busy. The new park lots have been nicely seeded with good lawn seed and it is beginning to come out.

Small forest fires threatened the cottages at McIntyre's Landing at Lake Margrethe the first of the week. They were extinguished with little damage by CCC men and neighbors. Large fires were seen northwest of Frederic on Wednesday.

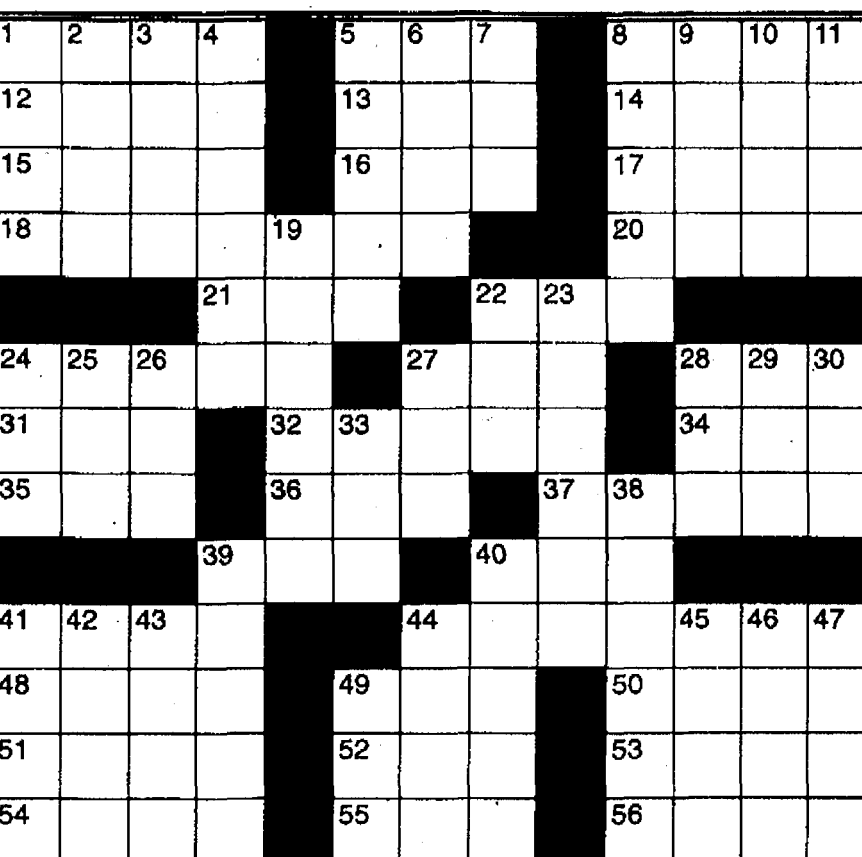
The Grayling Band gave their first open air concert in the band stand last Friday evening, and there was a large appreciative crowd to listen to the fine music. However, as the evening went on it became too cold to play, so the concert was cut short.

92 Years Ago  
June 1, 1911

About four hundred and fifty pupils of our school enjoyed almost a half holiday last Monday, with a sort of lawn fete and love feast under the shade of the trees on the school grounds.

Messrs. D.E. and W.R. Matheson of the *Roscommon Herald*, with Prof. Call, principal of the high school, and Messrs. Harry McConkey, Burton Orcutt, H.J. DeWaele, E.A. Gaffney, Bert Rose and A.J. Price, drove up to the "only town on the map" in two cars to see our boys wallop the Schems of Saginaw on the diamond, the second time this week. They seemed nearly as pleased as our own bunch with the result.

CROSSWORD



ACROSS

1. Parkway, e.g.
5. Kander's Broadway partner
8. Complaints
12. Biblical skipper
13. Deface
14. Jacob's twin
15. Heroine of *Born Free*
16. \_\_\_\_\_Magnon
17. Provoke
18. Waved a red flag
20. Expansive
21. Greeting for Caesar
22. The choice is yours
24. Collect
27. Early: prefix
28. Valentine's Day mo.
31. Like Jonah's luck
32. Casts-of-thousands productions
34. Wiggly fish
35. Naval noncom
36. Squid's tentacle count
37. Type of port
39. Govt. pencil-pushing agcy.
40. Favored one
41. Duct
44. \_\_\_\_\_For Bonzo
48. Dupes
49. Garfield, e.g.
50. \_\_\_\_\_You Babe" (2 wds.)
51. Pool table material
52. Cheer for Joselito
53. The \_\_\_\_\_Patrol
54. Honor
55. Sure thing!
56. Comic Johnson

DOWN

1. "...more than \_\_\_\_\_ bed" (Donne) (2 wds.)
2. Dangle
3. Naturalness
4. Actress Maureen and author John
5. Toastmaster
6. Celtic poet
7. Sis' sib
8. Bodacious
9. Laos' location
10. Liquid armts.
11. Hard fat
19. Living room hubs
22. Joan of \_\_\_\_\_
23. Raised a brood
24. "Nightline" network
25. Hammond product
26. Much \_\_\_\_\_About Nothing
27. Wrestler's maneuver
28. Not a heck of a lot
29. Poetic time
30. *Iron John* author Robert
33. Kind of jacket
38. Hun leader
39. Beau \_\_\_\_\_
40. Fountain and Seeger
41. Magic dragon of song
42. "Amazing Grace" ending (2 wds.)
43. Throw things at
44. Hay block
45. Sikorsky or Stravinsky
46. Greatest quantity
47. Feminine ending
49. Provocatively shy

ANSWERS IN THE CLASSIFIEDS

RECIPE  
OF THE  
WEEK



Honey Rosemary Chicken

- 1/3 cup olive oil
- 1/4 cup honey
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 1 Half Roaster
- 2 sprigs fresh rosemary

Preheat grill until hot. Whisk together first four ingredients. Grease grill rack and place half roaster, leg side up, on the grill rack. Cover grill and cook for 30 minutes. Baste bird every 15 minutes. Cook for about 1 1/4-1 3/4 hours total, until meat thermometer inserted into thickest part of thigh registers 180° F. Garnish with rosemary and serve.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

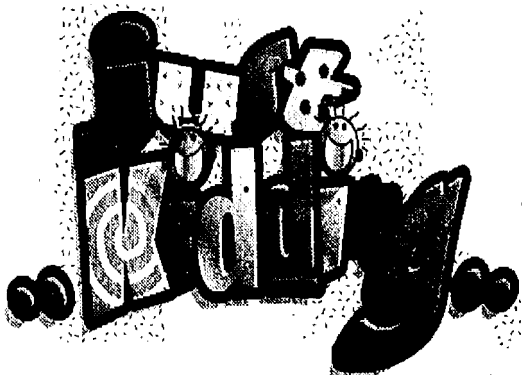
CHEETAH  
CROCODILE  
ELEPHANT  
GAZELLE

GIROFFE  
HIPPO  
LEOPARD  
LION

RHINO  
SAFARI  
TIGER  
ZEBRA

THE WORDS READ UP, DOWN AND ACROSS.

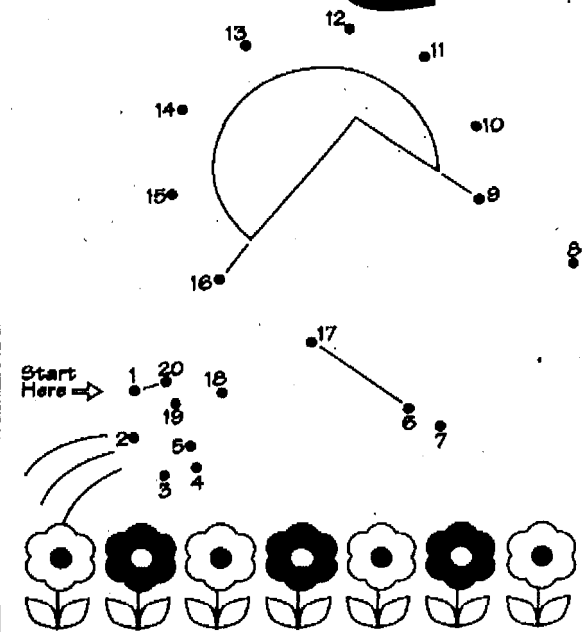
R E C H E E T A H W  
C A G S D H I P P O  
R F A G N M G Z V B  
O M Z L P O E I Y S  
C L E O P A R D W A  
O Q L W S Z H X A F  
D R L T O E I P U A  
I B E K J B N F M R  
L I O N W R O C W I  
E L E P H A N T A E  
C K G I R A F F E L



DID YOU KNOW

At 870° Fahrenheit, Venus has the hottest average surface temperature of any planet in the solar system. The coldest average surface temperature is that of Pluto (-370° Fahrenheit).

connect  
the  
dots



Adopt a Pet



Ripper is a great guy, he has a beautiful red/brindle coat. We think he may be part Rhodesian Ridgeback. He is neutered, has all his vaccinations, and is heartworm tested. All he needs now is a new home to go to.

Please call (989) 348-4117 for more information on opening your home to a homeless animal. Or, e-mail: animal\_director@yahoo.com.

Winter was especially hard on the water buckets used to haul water to the dogs at the shelter. We could use some donations of 2 1/2, 3, and 5 gallon buckets. We are also in need of blankets, throw rugs, towels, bleach, laundry soap and dishwashing liquid. Any help the community can provide is most appreciated, especially by the animals.

There are still a few Dog-O-poly, and Wild Animal-O-poly games available! Cost is a donation \$25 each and all proceeds go to help the animals in our care. Creature Comforts Cookbooks are still available for a donation of \$15. Call the shelter for details or stop in the Avalanche for either item.

The Animal Shelter of Crawford County is located at:  
508 1/2 Huron Street (M-72 East) in Grayling  
Between the Road Commission and the Eagles Hall  
Hours: Mon. - Sat. 9 am - 3 pm; Sun. and Holidays 8 am - 11 am  
After hour appointments available. Call (989) 348-4117

HOROSCOPES  
For the Week of May 29, 2003



An awesome task lies ahead of you, and you will conquer it with ease. Your colleagues will be impressed, and your boss may offer you the opportunity of a lifetime.

January 22-February 19



A young friend is turning over a new leaf. Congratulate them and encourage them to keep up the good work. An important date draws near.

March 21-April 19



Now is not the time to lose your temper over a silly incident. Channel your anger into something more productive.

June 22-July 22



A disagreement may get out of hand. Don't be an innocent bystander. Step in, calm down the two parties and work for the best resolution.

September 23-October 22



Happiness comes from within, and you have lots of it. Others will notice and gravitate toward you. Enjoy the attention.

January 20-February 18



A home repair project can no longer wait. You need to tackle it now, while you have the extra hands and money.

April 20-May 20



Making people laugh is one of your greatest strengths, but you shouldn't feel compelled to entertain the masses this week. You need to take some time to yourself to unwind and have fun.

July 23-August 22



A friend may try to steer a conversation toward a topic you are uncomfortable with. Don't fall into the trap. Explain that you would rather not discuss the issue and switch to a more neutral subject.

October 23-November 21



Something you lost a long time ago will turn up in the least expected place. A phone call brings happy news. Celebrate with a night out.

January 19-February 20



Things will start looking up at the end of the week. You'll clear off your desk and catch up on chores around the house.

May 21-June 21



Your physical stamina is starting to wane. Perhaps you should beef up your workouts or add a new exercise to your routine, such as jogging or spinning.

August 23-September 22



Time management is one of your best skills, and you may be called upon to teach it to others. Don't worry; you'll know just what to say.

November 22-December 21

WEATHER  
Courtesy of the City of Grayling

Last Week

| Date | H  | L  | Rain |
|------|----|----|------|
| 5/21 | 63 | 30 | .05  |
| 5/22 | 62 | 26 |      |
| 5/23 | 68 | 28 |      |
| 5/24 | 61 | 42 | .34  |
| 5/25 | 53 | 47 | .10  |
| 5/26 | 63 | 46 | .01  |
| 5/27 | 67 | 45 |      |

Extended Forecast

(Courtesy of the Weather.com)

| Wednesday    | Thursday   | Friday        | Saturday    | Sunday        | Monday        |
|--------------|------------|---------------|-------------|---------------|---------------|
|              |            |               |             |               |               |
| High 73      | High 66    | High 67       | High 63     | High 60       | High 63       |
| Low 48       | Low 45     | Low 49        | Low 42      | Low 43        | Low 46        |
| Mostly Sunny | AM Showers | Mostly Cloudy | Few Showers | Partly Cloudy | Partly Cloudy |







**HOUSE FOR RENT** Two bedroom, one bath, range, refrigerator included, utilities not included. No pets, \$400 month, plus \$400 security deposit. 8115 Insley St. by Lake Margrethe. (989) 348-4716 (5/15/03tf/2)

**CLOSE TO LAKE MARGRETHE** Two bedroom house. Washer/dryer hookup, garage, natural gas forced air heat. No pets. \$450 per month, \$475 security deposit. One year lease. (989) 348-4443 (-22-29/2)

**FURNISHED CABIN** \$400/month, \$200 security deposit. Two bedroom. Lake Margrethe access. Call (989) 348-2318 after 4:00. (-22-29/2)

**ONE BEDROOM HOUSE** in town. Appliances furnished. \$350 per month, \$375 security deposit. One year lease. (989) 348-4443 (-22-29/2)

**TWO BEDROOM DUPLEX** Storage, lawn care, laundry hookup, no-smoking. \$395 8110 Insley Ave. (989) 348-2178 (5/8/03tf/2)

**ONE BEDROOM DUPLEX** Dry walled, newer carpet, new bath, lawn care, adult, no smoking. \$340 310 A Rolla St. (989) 348-2178 (5/15/03tf/2)

## FOR RENT

Grayling Housing Commission  
Base Rent is based on 30% of Adjusted Income

Maximum Ceiling Rents

One Bedroom ..... \$400.00  
Two Bedroom ..... \$350.00  
Three Bedroom ..... \$375.00  
Four Bedroom ..... \$400.00  
Rent Includes Utilities

These flat rents are the maximum rents to be paid for the units listed above. The Grayling Housing Commission basic rent is calculated on 30% of income.

308 Lawndale Drive  
Telephone: 989-348-9314

**KITCHENETTE AND STUDIO** apartment available. All utilities included, cable. (989) 348-8471 (4/3/03tf/2)

**ONE BEDROOM DUPLEX** Located in Grayling Mobile Estates. Rent is \$400 per month and includes all utilities. Call Northwood Rentals. (989) 344-8787 (5/15/03tf/2)

**VIKING VILLAGE APARTMENTS** is now accepting applications for immediate occupancy, as well as waiting list positions. Very nice, two bedroom, two bath apartments with an attached garage and central air conditioning in a private secluded setting. Lease includes appliances, weekly garbage pickup, snow removal, and lawn care. Paved street, natural gas. Credit application required. No pets. Inquire at Farm Bureau Insurance-Herb Olson (989) 348-9456. (-1-8-15-22-29/2)

**ROOM FOR RENT** \$250 month, \$75 deposit. Call for appointment, house privileges. (989) 344-7658 (-29/2)

**HOUSE FOR RENT** 6274 Old Lake Rd. One bedroom, stove, refrigerator included. Newly remodeled. \$350 month plus \$350 security. No pets. Utilities not included. (989) 348-4716 (5/22/03tf/2)

**KITCHENETTE FOR RENT** No deposit and includes all utilities, cable TV, stove, refrigerator. Phone available. Western Trails Motel. (989) 348-7681 (-29-5/2)

**NURSES!** Welcome! We at Mercy Amicare Homecare & Hospice invite you to compare our benefit and compensation package to other homecare providers in the area! We believe happy employees provide the best quality care for our patients. Our generous PTO program allows you a life as well as a career. Talk to us about our new Casual/Contingent Program which provides a bonus of one week paid vacation after completing 520 hours of work. Perfect for the RN who wants to work in a flexible environment. We are the one to call if you are seeking a fulfilling career in homecare. We are currently paying a bonus of \$1,500 for full-time RN's and a \$750 bonus for part-time RN's. All bonuses payable 50% after completion of six months and one year of employment. All applicants must have a current Michigan RN license, be willing to travel in our geographic service area, and accept a rotation of on-call. For more details regarding qualifications, call Brenda Lake or Jan Bersted at 1-800-822-8318. Achieving Workforce Diversity Through Affirmative Action/Equal Opportunity Employer. (-29/3)

**ARBY'S OF GRAYLING** is now hiring full and part time employees. Must be willing to work both day and night shift. Apply in person at restaurant. (-29-5/3)

**COOK** Experience preferred but will train the right person. May be scheduled for a day or afternoon shift. Kitchen is open from 6:30 a.m. to 8:30 p.m. Weekends and holiday work to be expected. Apply at Grayling Nursing Centre, 331 Meadows Dr. Grayling, Michigan. (-29/3)

**ATTENTION - WORK FROM HOME** \$500 - \$1,500 P/T, \$2,000 - \$4,500 F/T 1-800-304-2938 www.AGreatIncome.com (LR6/19/03/3)

**REGISTERED NURSES** Medical Surgical Floor Mercy Hospital Grayling is seeking Registered Nurses for full-time positions in medical surgical area. We are seeking Registered Nurses currently licensed in the state of Michigan or eligible for Michigan licensure. Some relevant experience is preferred. We offer competitive wages and an excellent fringe benefit programs. If you are the exceptional nurse we offer you the opportunity to practice your profession in an environment, which fosters professional growth for the nurse and at the same time provides quality patient care utilizing a holistic philosophy. Interested persons please contact Human Resources, Mercy Hospital Grayling, 1100 E. Michigan Ave., Grayling, MI 49738. Phone (989) 348-0528, Fax (989) 348-0485. E-mail feldmaa@trinityhealth.org (-29/3)

The Grayling Housing Commission currently has 1 bedroom (senior/disabled) apartments available. Rent is based on 30% of gross adjusted income or \$400 maximum rent. Utilities included or a utility allowance is applied. Please call 348-9314 for more information or stop in at 308 Lawndale.

**Cobble Creek Apartments**  
140 Cobble Creek Dr.  
#12  
989-348-3150

**SPRING SPECIAL**

\*0.99 and security deposit will move you in.  
Rent starts at \$325.00. No application fee.  
\* For qualified applicants

Office Hours: Mon., Tues., & Thurs., Fri.  
9:00 a.m. to 3:00 p.m.  
Wed. 12:00 p.m. to 6:00 p.m.  
Saturday's by appointment  
TDD# 1-800-760-1997

## 1. Real Estate

**RE/MAX OF Grayling**

CHARLES SCHERER  
GARY V. HANCOCK



**BEAUTIFUL BUILDING SITE.** Fox Run Country Club Estate Lot. One of the largest building sites in Fox Run Estates. A nice mixture of oak and pines. CS-1693 \$44,000



**SECLUDED ESTATE ON 1.75 ACRES** WITH additional 2 lots available. This well crafted home is immaculate and offers an open floor plan with 1170 sq. ft. with 2 bedrooms, 1 bath. Armstrong tongue and groove hardwood floors throughout, oak kitchen cabinets with double duty island serves as work space and snack bar, cathedral ceilings, creating vinyl windows, ceramic floor in bath, drywall throughout, 2 car attached garage. Comes completely furnished except few items. State land and snowmobile trails 1/4 mile. AuSable River 3.4 mile. Turn key. CS-1672 \$96,900



**BEAUTIFUL HOME IN THE CITY!** Immaculate well maintained home offers 2 bedrooms, 1 bath, 1 1/2 car detached garage. Appliances include stove, new refrigerator, garbage disposal, washer and dryer. New carpet, new furnace and hot water heater, new roof on house and garage. Concrete circle driveway. Great location. Completely furnished except personal items. CS-1703 \$67,500



**CLOSE TO LAKE MARGRETHE PUBLIC ACCESS** Well maintained home offers 4 bedrooms, 1 bath, with 1,222 square feet. Formal dining room and vinyl siding on house & garage. New 30 x 40 pole barn with slab floor and two 13' doors and 8' door. Wood deck with six person hot tub (Hot Tub) comes with lights and CD player. Fenced yard with gazebo and swing. Appliances include stove, refrigerator & dishwasher. Beveled glass front door, natural gas, hot water baseboard heat, and blacktop driveway. CS-1749 \$108,000



**471 FEET AUSABLE RIVER WITH 2.75 ACRES.** Tranquil setting with lots of wildlife. Custom built home offers 3 bedrooms, 2 1/2 baths with 1800 sq. ft. Open floor plan with living room, family room, kitchen and dining area. Master bedroom offers walk in closet. Computer room or den off upstairs bedroom. Full finished basement with heat (wood or propane). Hot tub off back deck. Hot water heater, hot water boiler, 55' grass/shrub area, pool with extensive decking. Hutch in kitchen does not stay. CH-1734 \$114,900



**QUALITY BUILT TOWNHOUSE** in desirable Viking Village. Spacious 1,184 s.f., 2 B/R, 2 bath, double Andersen windows and doorways onto patio, central A/C, breakfast nook, all appliances included, formal entry large living room with vaulted ceiling, drywall interior, spotless move in condition. 15x22 attached heated and finished garage, blacktop drive, sprinkling system. Beautiful secluded setting, located just outside city limits. Amenities provided i.e. grass/shrub trimming, snow removal, garbage pick-up. Excellent Opportunity. First unit offered for ownership. Ask for condo Occupancy. CH-1642 \$63,900



**CHARMING HOME CLOSE TO TOWN!** Great Home in Great Location. Only 1 mile from town! 1,300 s.f., 3 B/R, 1 bath, new carpet in family room & utility room, new ceiling & sliding glass door in living room, remodeled kitchen & bath, hardwood floors in bedrooms, very nicely decorated. 2-car garage, blacktop drive, electric pet fence. To include stove, refrigerator, dishwasher, washer & dryer. CH-1694 \$81,000



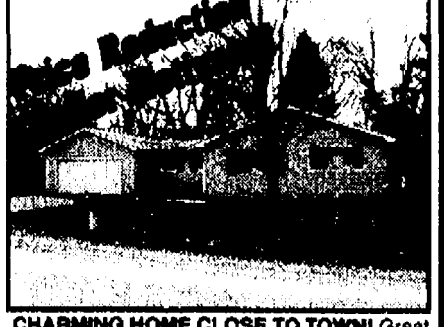
**LAKE MARGRETHE ACCESS** cedar sided 1,400 s.f. Home. 3 B/R, 2 baths, master B/R suite w/built in wardrobe and entertainment center. Vaulted knotty pine beamed ceiling in great room. Kitchen has custom hickory cabinets and ceramic tile flooring and counter tops. Two doorways onto brick patio, split rail fence w/brick pillars, landscaped yard w/sprinkling system. Brick sidewalks, and planters. To include dishwasher, garbage disposal, micro., stove, and refrigerator. CH-1375 \$139,900



**SPACIOUS HOME ON SECLUDED 2.5 ACRES WITH GORGEOUS LANDSCAPING.** 2,014 s.f., 2 bedrooms, 2 baths, knotty pine vaulted ceiling, rec. room with sunken hot tub and wood stove, large breezeway, low E glass porch, knotty pine kitchen, new wood flooring, and two skylights. 3 car attached garage, 24 x 40 pole building, fenced back yard, pool with extensive decking. Hutch in kitchen does not stay. CH-1734 \$114,900



**PRICED BELOW REPRODUCTION!!** Only two years old 1,728 s.f. 3 B/R, 2 bath home. Bright and spacious interior, full basement with poured walls, master B/R suite with jet tub and two walk-in closets, fireplace, 2 skylights, central air, beautiful open kitchen, 2 car attached garage. Stove, refrigerator, microwave, and garbage disposal. CH-1754 \$99,000



**5 ACRES WITH ELECTRIC TRAILER AND TRAVEL TRAILER** Great location with a 30 foot Alfa Gold travel trailer included. Offers 5 acres and electric on site. A must see. \$21,900 #222851

## 1. Real Estate

**CALL COLDWELL BANKER**

1-75 Business Loop (South) Grayling  
989-348-6481 • 800-300-6653

Visit our listings at  
www.coldwellbanker.com

**CORNELL REALTY**

For Over 90 Years • Making Real Estate Real Easy.™  
Each Office is Independently Owned & Operated

**SALES TEAM**

Laurie Jamison Broker/Owner  
Bernie S. Odell ABR Office Manager Associate Broker  
Curly Lamotte Associate Broker

Duoy Lamotte Associate Realtor  
John Howe Associate Realtor  
Kevin Jamison ABR Valuation Specialist  
Diann S. Murphy ABR Associate Realtor  
Fred Shippy Associate Realtor  
Rick Anderson Associate Realtor  
Larry Moore Associate Realtor  
Robert Gingerich Associate Realtor



**SPECTACULAR VIEW OF THE AUSABLE RIVER.** This view is stunning, only 50' off the banks of the AuSable River. Enjoy the river from the deck, or inside your living room. Excellent trout fishing. This 3 B/R home offers a full basement, 2 1/2 baths, gas fireplace, wired for generator back-up, and heated 24 x 40 pole barn. Make an appointment to see this home. It is well worth your time. \$225,000 #223465



**NICE HOME IN SECLUDED SETTING.** Secluded setting near Red Oak enhances this nice 3 B/R, 2 bath home with large garage. Perfect for year-round home or getaway. \$78,000 #226863



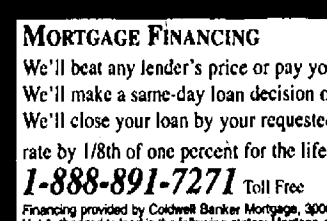
**CONVENIENT & ECONOMIC.** Would make a good 2 B/R, 1 bath starter or rental home. Conveniently located close to schools and the hospital. A 24 x 32 garage with 8 x 10 doors new in 2000. Newer water filtering softener system. Back porch is 4 x 8 and enclosed. \$53,000 #225075



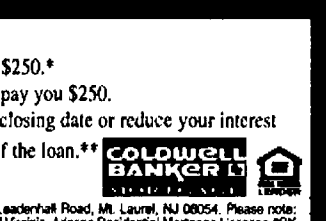
**CHARM • COMFORT • LOCATION** Bright and open with new kitchen. 4 B/R, 2 bath home offers newer roof, furnace and drain field are 5 years old. Beautiful yard with fence in back and large deck. The large 2-car garage is wired with 220 for all your needs \$103,000 #225059



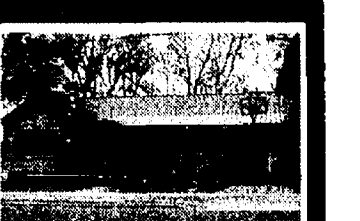
**THE PERFECT STARTER OR RETIREMENT HOME** Located close to town, this is the perfect location for a first-time home owner or retiree. Includes 3B/R, 1 bath, a family room with woodstove and door-wall leading out to a cement patio, above-ground pool, and never dry-wall in garage. Also features Michigan basement. \$63,000



**ATTRACTIVE OFFICE BUILDING.** Attractive business office for small law firm or insurance office, with 1-75 and M-72 access. Includes lobby area, lunch area, and 5 large offices. One unisex bath. \$124,900 #224649



**IDEAL FIXER-UPPER IN CITY MOTIVATED SELLER** is looking for a handyman who is ready to purchase this 2B/R, 1 bath fixer-upper. Ideal rental property or starter home. \$38,000 #224500



**COMFORTABLE HOME WITH PANORAMA OF THE AUSABLE** With 222' of river frontage that offers a panoramic view of the AuSable River this 4B/R, 2 bath home sits about 30' off the river's bank and includes 1/3 ownership of the 3 lots across the river. Over 200 sq. ft. nestled among mature hardwoods, with underground sprinklers, and priced under appraised value. \$189,900 #223549



**GREAT LOCATION LAND CONTRACT TERMS** This 3 B/R, 1 1/2 bath home is in a great location, just seconds away from State Land, snowmobile trails, and the AuSable River. Sale includes stove, refrigerator, washer, dryer, and new carpet and flooring. Excellent shape, possible land contract terms available. \$65,000 #224555



**80 ACRES/HUNTING PROPERTY.** The perfect parcel for a hunting club. State land on three sides, small clearing for food plots, and power on the East side. Priced Right!! Seller is licensed real estate agent. \$139,000 #226841



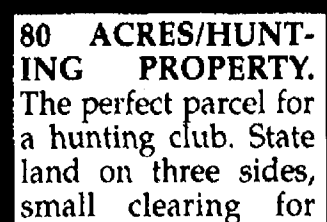
**5.3 ACRES OF HARDWOODS** Adjacent parcel also available for \$19,900. Electricity approximately 1/2 mile away. Great hunting and snowmobiling area with State Land about 1 mile away. \$19,900 #223549



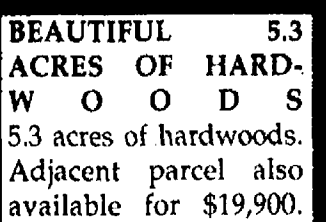
**10 ACRES OF HUNTING PROPERTY** Great hunting land with State Land on the East and West sides. Power is 660 feet away. Priced Right. Will accept a land contract for 3-5 years with 20+% down. \$19,900 #220553



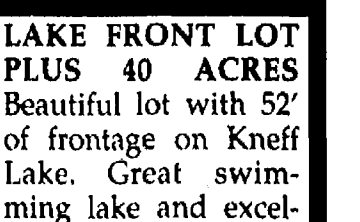
**13+ ACRES NEAR "HOLY WATERS"** Just minutes from the "Holy Waters" of the AuSable River and State land. Property fronts blacktop road with power adjacent. Nestle a home in the middle of property for lots of seclusion. \$38,500 #222385



**BEAUTIFUL LAKE FRONT LOT PLUS 40 ACRES** Beautiful lot with 52' of frontage on Kneff Lake. Great swimming lake and excellent trout fishing. Also includes 40 acres of good deer hunting land and a 1/16 ownership in a common 40 acres. \$139,000



**BRINGING YOU THE BEST IN CUSTOMER FRIENDLY SERVICE!**



**10 ACRES OF HUNTING PROPERTY** Great hunting land with State Land on the East and West sides. Power is 660 feet away. Priced Right. Will accept a land contract for 3-5 years with 20+% down. \$19,900 #220553

**http://www.remaxofgrayling.com**

Office Hours: Mon. - Fri. 9 a.m. to 5 p.m. Sat. 9 a.m. to 5 p.m. Sundays by appointment only.  
(989) 348-7440



**AWESOME INCOME POTENTIAL!** Set your hours and income level. Home and Garden Party Plan. No deliveries, no inventory. Cynthia Fitzgerald. (989) 654-3611 (-22-29-5/3)

**LOVELLS RIVERSIDE TAV-ERN** hiring experienced, motivated chef, waitresses and bartenders. Pleasant personality a must. Apply within, ask for Kathy at 6535 East County Road 612 or call for appointment. (989) 348-5690. (-22-29/3)

## HELP WANTED

DuBois Lumber is looking for motivated persons to work in lumberyard & make deliveries, part-time & full-time positions available. Must have chauffeur's license. Apply in person at 609 Norway Street, Grayling.

# DuBois Lumber

"The Name You Can Build On"

**LUMBER & BUILDING MATERIALS**

## North Central Community Mental Health

**HOME BASED CHILDRENS THERAPIST:** Seeking individual to provide home-based family services to children and their families via consultative services to community agencies, coordinating services with local courts, FIA, schools, ISD and other public and private agencies. Requires Master's degree and licensure in the State of Michigan. Based in the Houghton Lake office. Competitive salary and excellent fringe benefits. Send resume and salary history to Human Resources, North Central Community Mental Health, 527 Cobbs Street, Cadillac, Michigan, 49601 by 6/6/03. EOE

## MUNSON MEDICAL CENTER

**HOME HEALTH AIDES**

Make a difference in someone's life by providing one-on-one in home care! The West Branch office of Munson Home Health has 2 openings in the Higgins Lake/Prudenville area for CENAs or CENA candidates. Join our team. Job satisfaction and personal reward can be yours!

**To apply call:**  
Barb Knox, Clinical Supervisor  
(800) 319-9361 or (989) 343-1100  
Munson Home Health  
335 East Houghton Ave.  
West Branch, MI 48661  
Equal Opportunity Employer

### Substitute Teachers Needed!

**Have you ever thought about being a substitute teacher?**

**You can if you meet these simple qualifications:**

- \*Completed a minimum of 90 semester hours from a 4 year accredited college or university
- \*Successfully pass a criminal records & unprofessional conduct check.

COOR ISD will offer a FREE 2-Day Training to better prepare qualified individuals to be successful substitute teachers.

Training will be held @ Kirtland Community College, Conference Center  
**August 13 & 14, 2003**  
9:00 A.M. - 3:00 P.M.

Registration will be accepted through July 28, 2003. Limited space is available. Call Laurel @ COOR ISD, 989-275-9525 for specific dates & to reserve your space.

## SAVE-A-LOT

Great Food & Great Prices!  
Freeman Brothers LLC

Save-A-Lot Food Stores is searching for a qualified candidate for the position of Assistant Manager, in our Grayling Save-A-Lot Food Store at 2333 S. I-75 Business Loop.

**Minimum Qualifications**

- Willing to supervise and perform physical work, including stocking, maintenance, cleaning, cashiering in a busy grocery store environment.
- Excellent cash handling skills.
- Grocery or retail experience in a supervisory position is preferred but not required.
- High School Diploma/GED

**We Offer You**

- Complete Training
- Competitive wages
- Full benefits: including medical, dental, vision, life insurance, 401K, paid vacations, disability,
- Promotions from within
- A fun and exciting opportunity and challenge

Please see Chris in person with an updated resume at:  
Save-A-Lot  
2333 S. I-75 Business Loop, Grayling, MI 49738  
EOE

**HOSPITAL CODER II** Mercy Hospital Grayling is seeking persons for a part-time day position as a Coder II in our Health Information Services Department. Responsibilities include coding on all inpatient and ambulatory surgeries with ICD-9-CM and CPT-4 classification systems, in an acute care hospital setting. RHIT/RHIA/CCS required, or be aggressively pursuing, with defined dates to complete within one year from date of hire. Demonstrated knowledge of prospective payment system, DRG and APC grouper assignment, and computer-assisted optimization programs is required. Requires knowledge of medical records and its contents. Experience with 3M Health Information System encoder products is desirable. Human Resources, Mercy Hospital Grayling, 1100 E. Michigan Ave., Grayling, MI 49738. Phone (989) 348-0570 Fax (989) 348-0485. (-29/3)

**PROCESS MEDICAL CLAIMS FROM HOME!** Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission, 1-877-FTC-HELP. A message from The Crawford County Avalanche and the FTC.

**CERTIFIED AUTO TECH** Call Pat (989) 731-3541 (-8-15-22-29/3)

**SHAWONO CENTER** is interested in contracting psychiatric services 12-20 hours per week at our Center. Interested individuals should contact the Center at (989) 344-5010 not later than 6/2/03. (-22-29/3)

**AVON**, the world's leading beauty company, needs more representatives in this area. Only \$10 to start; 40-50% guaranteed commission. Call 1-800-367-2866 and ask for the district sales manager. (-29-5/3)

**EARN \$\$\$ HELPING MDS!** Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP. A message from The Crawford County Avalanche and the FTC.

**BOB'S WASH, WAX & Detail** Prices Cars, trucks and vans all the same price. Complete detail \$75 includes: wash, wax, steam clean carpets and seats, clean windows, vents, consoles and trunk. Dress tires and clean tire rims. Interior cleaning \$50 includes: all of the above except the wash and wax. Wash and Wax only \$25. Free pick-up and delivery in city limits. Yard work, raking and mowing too. (989) 348-5081 (-29/4)

**DO YOU NEED** a stump removed? We can help. Phone (989) 348-8066 (-29-5-12/4)

**YARD WORKS TRACTOR** services. Loader work, tilling, grading, leveling, seeding, planting, lawns, food plots. (989) 348-6081 (LR5/29/03/4)

**FOR NEW HOME CONSTRUCTION**, add-on, garages, pole buildings, renovation, repairs, window and door replacement, roofing, siding. Metal roofs and ceramic tile, hardwood flooring. Call Cross Roads Construction, 6280 Atkinson Rd., Grayling, Michigan. Call (989) 344-0238 or (734) 644-6640 today for a complimentary consultation. (7/4/02tf/4)

**DRIVER'S TRAINING** and road testing for cars and motorcycles is offered by the Grayling Driver's Training School. Register now for the September 3 class. Contact Howard Lehti. (989) 348-8838 (LR8/28/03/4)

**BABYSITTER** for the summer months. In my home, Monday through Friday. Certified Elementary teacher who loves to work with and be around children. (989) 344-0240 (-29/4)

**J B POWERWASH** Keep your house and deck looking clean. Specializing in house painting and deck sealing. Call (989) 344-1412. (-1-8-15-22-29/4)

**MILLTOWN FENCE COMPANY** for all your fencing needs, contact the fence experts for free estimates. at (989) 348-9188 (LR10/30/03/4)

**AUSABLE CLEANING** Residential and commercial cleaning. Experienced and references available. Call (989) 344-0897. (-29-5/4)

**SPRING CLEAN UP** Tree/brush rubbish removal, also landscaping work. Call (989) 348-5817. Free estimates. (-8-15-22-29/4)

**TOM'S POLE BUILDINGS** Free quotes on all size buildings. Featuring Ultra 2000 siding & roofing. 4050 Industrial Dr., Harrison, Michigan 1 (800) 541-3974 tomspolebuildings.com (2/7/012f/4)

**AVALANCHE OFFICE HOURS:** Monday through Friday, 9 a.m. to 5 p.m. 102 Michigan Avenue, Grayling - (989) 348-6811

**'89 YAMAHA YZ490** \$900 O.B.O. (989) 348-3306 (-29/5)

**BRITTANY PUPPIES AKC** Luther Pheasant hunting. Three males. \$450 (231) 269-3137. (-22-29/5)

**BOARDS & BEYOND SKATE SHOP** Our last week open, unbelievable discounts. Everything must go! Tuesday - Friday, 3-6 p.m. (-29/5)

**NEW RIVERBOAT** with new trailer. Cherry, White Ash. \$4,995 (989) 348-2187 (-8-15-22-29/5)

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**BECOMING OR SSS Bug Guard** with sunscreen. Call (989) 344-04446 or e-mail at caronpep@i2k.com (-29/5)

**6 X 9 UTILITY TRAILER** Spare tire, wired. \$375 Evenings (989) 348-6622. (-29/5)

**1986 21' SEARAY** Seville with cuddy. 170 h.p. Mercruiser. Very good condition. Equipped with port-a-potty, canvas tops, covers, Bimini, Eagle fishfinder, 4-Walker down riggers, etc., 6-rods and reels, tackle, skis, ropes, life-jackets, pull behind tube, and double axle trailer. \$7,900 (989) 344-1223 days or (989) 348-7028 evenings. (-29/5)

**2000 HOLIDAY RAMBLER** Aluma - Lite, travel trailer. 33' with slide out. Excellent condition. Non smokers, no pets. All the extras and very clean. Sleeps six. \$36,000 new, asking \$21,000. O.B.O. (989) 348-8787 or (989) 619-9951 CELL (-8-15-22-29/5)

**25' FIBERGLASS PONTOON** Good condition. 115 Evinrude motor. Low miles. No trailer. \$1,050 (231) 369-2672 (-29/5)

**TRAILER - RECREATION-AL** 1994 Holiday Rambler, 34 foot Alumilite 5th wheel, mint condition, loaded. Olympic Oak cabinets, tub with shower, washer/dryer hookup. Too many extras to mention. \$19,900 Call (989) 344-0424. Hurry, won't last! (-22-29-5-12/5)

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We have hundreds of potted & balled trees & shrubs, such as: Crimson, Maple, Birch, Mountain Ash, Flowering Crab, Lilacs, Yews, Forsythia, Burning Bush, Spirea and many others at low spring prices.

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1989 25' Crest Pontoon, 50 h.p. Mercury. \$5,995 O.B.O. 1990 24' Aqua Patio Pontoon, 40 h.p. Mercury. \$4,500 O.B.O. 2000 14' Sylvan Fish boat (new) mid trailer \$2,000. Used 15 h.p. 4-stroke includes EZ Glide Steering. \$4,450 O.B.O. 2000 new 18' 180 sport Sylvan matching trailer used 120 h.p. Force engine (1996) \$12,800 O.B.O. 1999 20' Manitou Pontoon 40 h.p. 4-stroke Evinrude, like new with extras. \$10,925 (-22-29/5)

**BAYLINER** 1950 Capri, Bowrider, 1996, 3.0L Mercruiser, EZ load trailer, low hours, excellent condition. Complete with bimini top, skis, life vests, tow ropes, all covers. (989) 348-2223 (-29-SSGF/5)

**QUEEN SIZE MATTRESS** with foundation and deluxe frame. New in plastic, sacrifice \$150. Amish built pine log bed. Queen size. \$245 Call (989) 429-0062 (-1-8-15-22-29/5)

**1996 15.5 HP Craftsman** lawn tractor with 42" mower deck. 42" snow thrower, weights, chains, snow cab, and triple bagger. Well maintained and in great shape. \$2,000 firm. (989) 348-2099 (-29-5/5)

**TO PLACE ORDERS** for BeComing Line cosmetics and Anew Ultimate Eye Cream. Contact Avon Independent Sales Representative Sandy at (989) 344-2806 or e-mail scollen54@hotmail.com. (-29/5)

**1996 KAWASAKI KLX 250** Four stroke, headlight and tail light. excellent condition. Call and leave message. (989) 348-2352 (5/15/03tf/5)

**SLOT MACHINES** I repair, restore, or buy. Old mechanical operating machines only. Call 1-989-753-7037. (-29-5/6)

**4 X 8 LIGHTED SIGNS** for sale or lease, tables and chairs for lease, trash barrels for sale. Fick & Sons, Grayling. (989) 348-7647 or 1-800-292-9295 (4/24/03tf/7)

**HELP WANTED HINTS** When placing a Help Wanted Classified, remember to list the job title and duties involved, whether it is full or part time, the name of company or business, mailing address for resume, or street address for walk-in applications. Crawford County Avalanche, 102 Michigan Avenue, Grayling - (989) 348-6811

**CUSTOM SIGNS**, lettering and graphics for your business, truck, trailer or boat. Any size or color. Call Pete Koefas (989) 348-8627 or 1-800-848-1268. (4/17/03tf/7)

## Crossword Answers

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| O | L | E | O | E | B | B | N | A | G | S |
| N | O | A | H | M | A | R | E | S | A | U |
| E | L | S | A | C | R | O | R | I | L | E |
| A | L | E | R | T | E | D | V | A | S | T |
|   |   |   |   | A | V | E |   | A | N | Y |
| A | M | A | S | S | P | R | E | F | E | B |
| B | A | D | E | P | I | C | S | E | E | L |
| C | P | O | T | E | N | T | A | W | N | Y |
|   |   |   |   | G | S | A | P | E | T |   |
| P | I | P | E |   | B | E | D | T | I | M |
| U | S | E | S | C | A | T | I | G | O | T |
| F | E | L | T | O | L | E | L | O | S | T |
| F | E | T | E | Y | E | S | A | R | T | E |



**CAN DRIVE & Hot Dog Sale.** Proceeds for Grayling High School Football. Sponsored by Rochettes IGA, 508 N. James, Saturday, June 7, 10 a.m. to 3 p.m. Also, bottle and can drop off on Friday, June 6, 6 p.m. to 9 p.m. at Northend Grocery, Frederic; 7-Eleven, Grayling, and Ole Barn (M-72 West and M-93) Grayling. (-29-5/8)

**GRAYLING HOLIDAY INN'S** Speakeasy Saloon live entertainment. Wednesday thru Saturday bands playing. May 28 - May 31 Live Entertainment. June 4 and 5 DJ Cal, June 6 and 7 FLY. Happy Hour is back! 11 a.m. to 9 p.m. 25 oz. drafts, \$2; Bass Ale and Guinness Stout, 25 oz., \$5. (-29/8)

**NOW AND AGAIN STUDIO** May custom framing sale. 15% off already low prices. Mother's Day, graduation, engagements, sports. Bring in your photos or art work or choose from an array of limited edition prints and other artwork available at the studio. 6251 W. M-72. (989) 344-2232 (-8-15-22-29/8)

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A Truly Unique Opportunity to Showcase Your Decor  
Set your party date today!  
Call for your FREE Mini Catalog  
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Sterling, MI 48659 Excellent Fundraisers  
(989) 654-3611 Cindyfitz\_hgp@yahoo.com

**GRAY ROCK CAFE** Karaoke every Friday and Saturday night, 9 p.m. to 1 a.m. 2123 Industrial Drive, Grayling. (989) 348-5181 (3/13/03tf/8)

**LUNCHEON** Hot and/or Cold Foods. Salad and Dessert included. \$5 per person. Thursday, June 5 from 11:00-1:00 p.m. Take out available. Michelson Memorial United Methodist Church. (-29/8)

**STEVEN'S FAMILY CIRCLE** has extended its hours for summer. Now open Monday through Thursday, 8 a.m. till 8 p.m. Friday and Saturday, 8 a.m. till 9 p.m. New summer menu and cool treats. (-29/8)

**May 30, 31** 9:00 to 6:00 Rasmus Drive, follow signs by Old Red Barn. Clothing 25 cents, toys, books, help us declutter. Everything priced to sell! (-29/10)

**YARD SALE** Friday, May 30 and Saturday, 31 from 9 a.m. to 4 p.m. Furniture, clothes, Christmas decorations, golf and tennis things, household and miscellaneous items, also free box. Take 72 West to Ole Dam Road, turn right, go to Nottingham, turn left go to number 6939. (-29/10)

**300 ELM ST.** Friday, Saturday, Sunday. 9:00-5:00 (-29-5/10)

**401 ROSE, GRAYLING** Two family, recliner chairs and much more. May 29, 30, 31. 9:00-4:30 (-29/10)

**EVERYTHING MUST GO!** Household, baby and miscellaneous items. Boys clothes up to size 7. 820 Roberts Rd., Saturday, 9:00-3:00. (-29/10)

**BOARDS & BEYOND SKATE SHOP** Our last week open, unbelievable discounts. Everything must go! Tuesday - Friday, 3-6 p.m. (-29/10)

**GARAGE SALE/MOVING SALE** Tools, clothes, furniture, guns, household items, trucks, RV generator and lots, lots more. It's all got to go! Friday-Sunday, 8:00 to ? 1386D Ole Dam Rd. (-29/10)

**'96 CHEVY TAHOE** Four wheel drive, loaded. \$9,500 Office (989) 348-5280. Home (989) 348-6570 (LR6/26/03/11)

**1994 CAMARO Z-28** T-top loaded Cold AC, Lt1, 350, 6-speed. Asking \$5,900. Five like new Wrangler P-265 75 R16 asking \$300. '97 Dodge parts. Chrome roll bar, brush guard, step bars, cover lights, best offer. '93 Chevy Conversion van runs great, no reverse. \$3,000 best. (989) 275-1187 (-29/11)

**THE CAR LOT** is always open in the Avalanche classifieds. (989) 348-6811

**1989 MERCURY** Grand Marquis Runs good, some rust. \$800 or best offer. (989) 348-5769 (-29/11)

**1991 LINCOLN CONTINENTAL** Good shape. 139,000 miles. \$2,500 (989) 348-8694 (-29/11)

**1993 PONTIAC BONNEVILLE SSE** Burgundy leather, loaded, looks and runs good. \$1,900 (989) 275-0616 (-29-5/11)

**NEED RUBBER STAMPS?**  
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# 11. Automotive

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- Oil change (up to five quarts of oil)
- Oil filter
- Chassis lube
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- Brakes - differential transfer case - transmission windshield washer
- 25-point inspection
- No Appointment Necessary
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**\$22.95 EVERY DAY!**

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Tues - Fri 7:30 am - 5:30 pm  
Sat 9:00 am - 2:00 pm

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2003  
Thank You  
Open House  
For The Graduate  
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John Doe May 29, 2003  
Napkins

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**PANAMA CITY BEACH.** Sandpiper-Beacon Beach Resort. From \$79 (1-2 p., restrictions). Pools, lazy river ride, parasailing, hot tub, suites, tiki bar, water slide. 800-488-8828. www.sandpiperbeacon.com

**LAKEFRONT BARGAIN 1.4 ACRES,** 209' shoreline \$69,900. Rare find! Enjoy spectacular sunsets from this pristine lakefront estate w/gentle slope to water's edge on 35,000 acre recreational lake in east Tennessee! Paved roads, utilities, central water, Sewer. Excellent financing, low down payment. Must see! Call now 800-704-3154 x 432

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**\*\*\*\*LAND CONTRACTS\*\*\*\*** If you're receiving payments on a Land Contract, Get A Better Cash Price In One Day. Argo Realty (248) 569-1200, Toll-

**PURCHASE OR REFINANCE!** Free Mortgage analysis emailed or faxed to you within minutes! Lowest rates and fees guaranteed - Shop and compare! Call 866-239-0252 Dept H1 or email quotes@prime-mortgage.com

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**16-DAY CAREER TRAINING!** Driver Trainees Wanted Today! Class-A CDL & Refresher Training. Nationwide Job Placement, \$35,000 - \$40,000 Annually, Benefits, & 401K, Tuition Reimbursement. 1-800-883-0171 DELTAACADEMY.COM

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## BUSINESS OPPORTUNITIES

**OUR SPECTACULAR NEW 2003 Catalogs** are out! Contact Ideal Gifts by Friendly for a free copy today! Exciting new advisor and manager programs. 1-800-488-4875 www.friendlyhome.com

**\$550 WEEKLY SALARY** mailing our Sales Brochures. No experience necessary. FT/PT. Genuine opportunity. All supplies provided! Paychecks guaranteed. Call 1-630-408-8831 (24 hours)

**ALL CASH CANDY ROUTE.** Do you earn up to \$800/day? Your own local candy route. Includes 30 machines and Candy. All for \$9,995. Call 1-800-998-VEND.

## ADOPTION

**ADOPTION** Loving and Caring Couple Seek to Adopt Child. If you or someone you know is pregnant and considering adoption please call Maureen and Dan Toll Free 888-649-8914 or call Rose at Morning Star Adoption Center at 866-236-7866

**ADOPTION -** We are loving, fun, and financially secure couple seeking to Adopt an infant child. Frances and John 800-816-0131

## FOR SALE

**PRECIOUS MOMENTS WANTED!** Entire collections, dealer overstocks, any quantity. Will pickup if warranted. Send list. 1-800-355-6363, FAX 616-392-4306, www.LimitedWeb.com Limited of Michigan, 10861 PawPaw Dr, Holland, MI 49424

**KILL LAKE WEEDS -** Proven Aquacide Pellets destroy unwanted underwater weeds. Spread marble-sized pellets like grass seed. Effectively kills weeds at any depth. Certified and approved for use by state agencies. For facts and a brochure call 1-800-328-9350 or write: Aquacide Company, 1627 9th Street, Dept MIC, P.O. Box 10748, White Bear Lake, MN 55110. www.killlake-weeds.com

**SAWMILL \$3895.** New Super Lumbermate 2000. Larger capacities, options. ATV accessories, edgers skidders. www.norwoodindustries.com Norwood Industries, 252 Sonwil Drive, Buffalo, NY 14225. 1-800-578-1363. EXT 300-N

**AFFORDABLE \* CONVENIENT** Wolf Tanning beds. Low monthly investments. Home delivery. Free Color Catalog. Call Today 1-800-711-0158 www.np.estan.com

**PIONEER POLE BLDGS.** 30x40x10 Basic \$7290.00, 12x10 Slider 36" Entrance Door, 12 colors, 2x6 Trusses, Material and Labor, Free Quotes, #1 Company in Michigan 800-292-0679.

**HOMEOWNERS WANTED!** Kayak Pools is looking for demo homesites to display our New "Maintenance Free" Kayak Pool. Save thousands of \$\$\$ with this unique opportunity. Call Now!!! 1-800-31-KAYAK Discount Code: 522-L15)

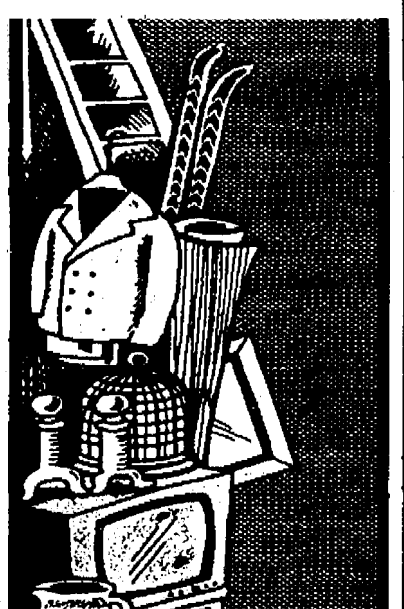
## MISCELLANEOUS

**PLACE YOUR STATEWIDE AD HERE!** \$299 buys a 25-word classified ad offering over 1.6 million circulation and 4 million readers. Plus your ad will be placed on Michigan Press Association's website. Contact this newspaper for details.

**REACH 2 MILLION** Michigan readers with a 2 x 2 display ad for only \$949 - Contact this newspaper for details.

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**REACH 2 MILLION** Michigan readers with a 2 x 2 display ad for only \$949 - Contact Linda at the Crawford County Avalanche at 989-348-6811.



*Are things beginning to pile up?*  
*Try thinning things down with an ad in the classifieds of the*  
**Crawford County Avalanche**  
**348-6811**



Submit your  
hometown news to the  
**CRAWFORD COUNTY  
AVALANCHE**  
"YOUR HOMETOWN NEWSPAPER"

# Find out exactly how smart you really are

Northern Michigan Mensa, local chapter of Mensa, the High IQ Society, is asking the northern Michigan region to find out just how smart they are.

The group will offer the Mensa Admissions Tests in Traverse City on Saturday, May 31. Approximately one in 50 Americans qualifies for admission, potentially 10,000 people

just in northern Michigan. If you can answer questions such as, "What is the number which is 10 more than one-fourth of one-tenth of one-fifth of 800?" or "What one word can mean 'to run a motor at slow speed,' 'unemployed,' or 'not busy'?", you may be Mensa material.

Not sure if you're smart enough to take the test? Watch

"Test the Nation" on FOX at 8 p.m. on Monday, June 9. During the live, two-hour program, a studio audience will take a brief intelligence test developed with Mensa psychologists. The public can take it with them online at [www.testonfox.com](http://www.testonfox.com).

As part of this unique event, test-takers will provide demographic information to allow

viewers to see whether blondes or brunettes, accountants or construction workers, Libras or Virgos are more intelligent.

Mensa membership is available to all who score at or above 98 percent of the general population on a standardized, professionally administered intelligence test. Anyone age 14 or over can take the Mensa Admissions Tests, and an alternate version is available for those with language or other difficulties.

Mensa Admissions Tests will be administered at 9:30 a.m. on Saturday, May 31 at Northwestern Michigan College in Traverse City, in the Beckett Building's Room 136. Cost to take the test is \$30. Call (231) 275-6735 to pre-register.

For more information on the May testing session or to request testing in your area, contact Dr. John D. Schultz, Proctor Coordinator, at the telephone number stated above, or by email at: [nwoodpc@chartermi.net](mailto:nwoodpc@chartermi.net).

For more information about Mensa, activities in northern Michigan, or how to join, see the Northern Michigan Mensa web-site at [nmm.us.mensa.org](http://nmm.us.mensa.org).

## Web page dedicated to reducing nuisance calls, spam, junk mail

► Levin launches Web page to help reduce unwanted solicitations

WASHINGTON, DC — Sen. Carl Levin (D-MI) has launched a page on his web site providing information on how consumers can reduce unwanted solicitations, in an effort to eliminate nuisance and the rising costs associated with junk mail, spam e-mail and telemarketers.

This is a problem that affects not only Michiganders, but all Americans.

"Many constituents have written or called me to complain about the amount of junk mail, spam e-mail, and calls from telemarketers they receive," said Levin. "While eliminating these solicitations entirely is not as easy as it ought to be, there are ways to reduce the flow to your home. It is my hope that the suggestions offered on my web site will make it a little easier to reduce the amount of unwanted solicitations that are received every day."

All three of these forms of solicitation have been shown to be wasteful and costly, especially due to the recent gross influx.

There is evidence of increased fraud and abuse associated with the rapidly growing number of businesses selling products over the telephone.

According to the Environmental Protection Agency, junk mail produces 4,000,000 tons of solid waste annually, which contributes to deforestation and adds to our landfills.

Yet another problem is spam e-mail, which litters the inboxes of almost everyone with an e-mail address. Spam drives up the cost of Internet service as providers need to upgrade systems to deal with the high volume of e-mails.

More information about the effects of undesired advertising and how to avoid it are located on Senator Levin's web site: [levin.senate.gov/issues/solicitations.htm](http://levin.senate.gov/issues/solicitations.htm).

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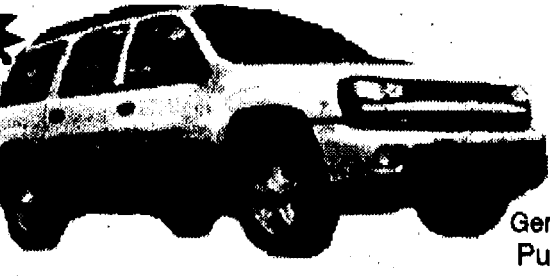
\$21,800 ← BUY → \$23,309

0% for 60 mo.!

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What a great deal! LS trim with lots of options. Northern Michigan premier vehicle! stock # 19832

## 2003 Pontiac Grand Am GT

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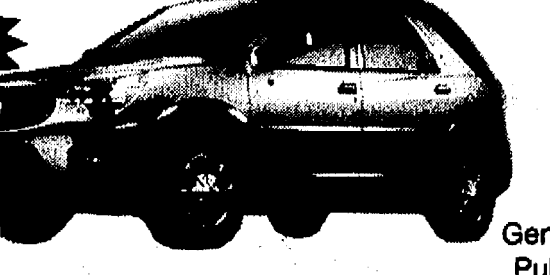
\$16,595 ← BUY → \$17,814

0% for 60 mo.!

Awesome loaded GT with power moonroof, power option wheels, CD, the works! Unheard of price and payments stock #19735

## 2003 Buick Rendezvous

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### Next to New Cars

|                                                                                                                                                           |          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 2000 CHEVY MALIBU LS<br>V6, power windows and doors, CD/Cassette, real nice!<br>#19287-1 Was \$13,488 Blowout Price                                       | \$11,988 |
| 2001 CHEVY MONTE CARLO SS<br>Wow! Flame Red with power moon roof and lots of goodies!<br>This one won't be here long! #19343-1 Was \$19,988 Blowout Price | \$17,988 |
| 2000 OLDSMOBILE INTRIGUE<br>V6, power, nice!<br>#5028-1 Was \$13,988 Blowout Price                                                                        | \$11,988 |
| 2003 PONTIAC VIBE<br>Auto, air, CD, power options, Satellite Silver, only 10,000 miles!<br>A lot less than new! #4944 Was \$17,988 Blowout Price          | \$16,488 |
| 2003 PONTIAC BONNEVILLE SLE<br>Loaded! Leather with power moonroof only 15,000 miles<br>#5027 Was \$27,988 Blowout Price                                  | \$24,988 |
| 2000 CHEVY MONTE CARLO<br>LS- Loaded! Check it out! #19464-1 Was \$12,988 Blowout Price                                                                   | \$10,988 |
| 2002 PONTIAC BONNEVILLE SSEI<br>Whoo! moonroof, chrome wheels, leather, the works!<br>#5025 Was \$28,988 Blowout Price                                    | \$25,988 |
| 1998 BUICK PARK AVENUE<br>Really nice and loaded! A great car for the money! #4921-1<br>Was \$12,988 Blowout Price                                        | \$10,488 |
| 2000 CHEVY IMPALA<br>Really nice car, fully equipped! #4991 Was \$14,988<br>Blowout Price                                                                 | \$12,988 |
| 2001 CHEVY MALIBU<br>6 cyl., clean, and equipped right! #19683-1<br>Was \$13,988 Blowout Price                                                            | \$11,988 |
| 1997 CADILLAC DEVILLE<br>De/Elegance, loaded, in great shape! Only 67,000 miles. #19892-1<br>Was \$14,988 Blowout Price                                   | \$12,988 |
| 2000 CHRYSLER 300M<br>Leather and loaded! Only 37,000 miles! #19145-3<br>Was \$17,488 Blowout Price                                                       | \$15,488 |
| 2001 OLDSMOBILE AURORA<br>Awesome white diamond with power moonroof! All the goodies!<br>A peach! #5048<br>Was \$18,988 Blowout Price                     | \$17,988 |

### Clean Cars Under \$10,000

|                                                                                                                                           |         |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 1993 FORD TAURUS<br>Crimson! Perfect car, only 40,000 miles, this one won't last! #19840-1<br>Was \$6,988 Blowout Price                   | \$5,988 |
| 1997 FORD TAURUS GL<br>Nice car equipped right! Only 70,000 miles!<br>#19742-1 Was \$6,988 Blowout Price                                  | \$5,488 |
| 1998 FORD TAURUS GL<br>Loaded with options, clean and nice! Has some miles, but the<br>price shows it! #19457-1 Was \$6,988 Blowout Price | \$4,988 |
| 1999 CHEVY CAVALIER<br>4dr. Auto with air! Very nice and clean!<br>#50177 Was \$6,988 Blowout Price                                       | \$6,988 |

### Next to New Trucks, Vans, SUV's

|                                                                                                                                                     |         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 1998 PONTIAC SUNFIRE<br>4 dr., only 40,000 miles! Clean and sharp! Red! Worry Free<br>4 mo./4,000 warranty! #19263-1 Was \$12,988 Blowout Price     | \$9,988 |
| 1998 BUICK LESABRE<br>Custom, popular "Sandrift" color, very nice and sharp!<br>#19138-2 Was \$10,988 Blowout Price                                 | \$9,488 |
| 1999 CHEVROLET MALIBU LS<br>With leather! Loaded, real nice! #19463-1 Was \$10,988 Blowout Price                                                    | \$8,988 |
| 1992 MERCURY GRAND MARQUIS<br>Real clean, has miles, but priced right!<br>#19124-1 Was \$3,488 Blowout Price                                        | \$2,488 |
| 1998 PLYMOUTH BREEZE<br>Clean car, would make a great second car or good transportation for your teenager!<br>#5047 Was \$5,988<br>Blowout Price    | \$4,488 |
| 1997 LINCOLN TOWN CAR<br>Wow! Very sharp and clean! Has some miles, but a local owner trade in! Looks New!<br>#19807-1 Was \$6,988<br>Blowout Price | \$7,488 |
| 1995 FORD MUSTANG<br>Clean and sporty! #19468-3<br>Was \$5,988 Blowout Price                                                                        | \$5,988 |
| 2000 DODGE NEON<br>Air, CD, 5 speed, manual trans, clean! #19631-1<br>Was \$7,988 Blowout Price                                                     | \$6,488 |
| 1996 OLDS CUTLASS SUPREME<br>Nice car! Great price! #18758-3<br>Was \$5,988 Blowout Price                                                           | \$4,488 |
| 1999 CHEVY CAVALIER 2DR<br>Auto with air, clean and nice. Only 37,000 miles! New Tires! #19852-1<br>Was \$5,988 Blowout Price                       | \$4,988 |

### Clean Trucks, Vans, SUV's Under \$10,000

|                                                                                                                                                                   |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1998 PLYMOUTH GRAND VOYAGER SE<br>Fully equipped, only 65,000 miles. These are \$30,000 brand new!<br>#19311-1 Was \$11,988 Blowout Price                         | \$10,488 |
| 2000 FORD WINDSTAR<br>SE package, fully equipped, very clean, low, low payments!<br>#19107-1 Was \$13,988 Blowout Price                                           | \$12,488 |
| 1999 GMC SONOMA EXT. CAB 4X4<br>SLS, fully equipped, very clean and sharp!<br>#4918 Was \$15,988 Blowout Price                                                    | \$11,988 |
| 1999 S-10 EXT. CAB<br>2 wheel drive, 3rd door, auto., air, LS, th, cruise! A great little truck<br>for a little bit of money! #4825 Was \$13,988 Blowout Price    | \$11,988 |
| 2001 CHEVY TAHOE 4 DR. 4X4<br>LS trim with 3rd row of seats! Very comfortably equipped with<br>only 16,000 miles! #4940 Was \$30,988 Blowout Price                | \$28,988 |
| 2003 PONTIAC MONTANA ALL WHEEL DRIVE<br>Awesome - only 9,000 miles! DVD rear entertainment package<br>(you'd be a hero!) Loaded! #4994 Was \$27,988 Blowout Price | \$25,988 |
| 1998 CHEVY BLAZER 4DR 4X4<br>Wow! Only 48,000 miles! Great deal! #19791-2 Was \$12,988<br>Blowout Price                                                           | \$10,988 |
| 2003 CHEVY ASTRO ALL WHEEL DRIVE<br>LT with leather! Loaded! Only 8,000 miles. #5049<br>Was \$26,988 Blowout Price                                                | \$24,988 |
| 2000 CHEVY BLAZER 4DR 4X4<br>LT Trim, really nice! #5030<br>Was \$17,988 Blowout Price                                                                            | \$15,988 |
| 2000 CHEVY SILVERADO EXT. CAB 4X4<br>V8, auto, LS, equipped! #19824<br>Was \$18,988 Blowout Price                                                                 | \$17,988 |

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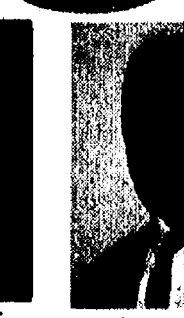
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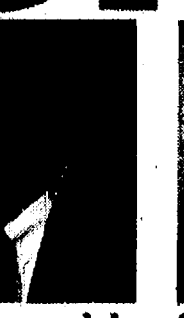
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# HEALTH

A GUIDE TO FAMILY HEALTH CARE

2003



A Special Section Published By  
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# Study Reveals Molds Pervasive in U.S. Homes

(NUI) — According to a recent study conducted by the University of Arizona, the molds most commonly linked to allergies and asthma are growing in every home in America, often in sites that are not routinely cleaned and disinfected.

"Mold flourishes in places that people do not tend to think about when cleaning," said Dr. Kelly Reynolds of the University of Arizona Environmental Research Laboratory, who led the study.

The seven-state study found mold most often on windowsills, in refrigerator seals, under kitchen sinks and on air vents.

Mold also was found at high levels in the bathroom, where people tend to concentrate cleaning efforts, suggesting more frequent and effective cleaning is necessary.

The study did not seek to determine the incidence of *Stachybotrys* — commonly referred to as "hidden," "toxic" or "black" mold,

which generally grows behind walls, under stairs or beneath ceiling tiles as the result of a water leak. Because of potentially serious health consequences, if the presence of *Stachybotrys* is suspected, the home should be checked immediately by a trained professional.

If not properly removed, even common molds can aggravate symptoms of allergies and asthma.

"If mold spores are deposited in the lining of the nose, they can cause hay fever-like symptoms, including sneezing, itching and congestion," said Bill McLin, executive director of the Asthma and Allergy Foundation of America. "If these spores reach the lungs, they have the potential to trigger asthma."

Mold enters the home through open doors and windows or on clothing, shoes and pets. Inside, mold can grow on virtually any surface when moisture is present.

According to AAFA, you

can reduce mold growth throughout the home by:

- Keeping humidity below 40 percent.
- Using an air conditioner or dehumidifier during humid months.
- Making sure your home has adequate ventilation.
- Drying any water leak within 24 hours.
- Removing carpet in bathrooms and basements.
- Disposing of moldy materials immediately.
- Cleaning hard surfaces regularly with mold-killing products. Allergy or asthma sufferers should ask nonsensitive people to apply cleaning products.

Solutions of soap and water may remove mold stains, but can leave mold spores behind. Those remaining spores, which are often invisible to the naked eye, can then quickly re-colonize. To decrease mold in homes, clean regularly with a product like Tilex Mold and Mildew Remover, which is proven to kill and remove 99.9 percent of common household molds.

Because of the potential sensitivities of allergy and asthma sufferers to cleaning products, cleaning should be done by a nonsensitive individual and the area should be allowed to ventilate before reentry.

Always read and follow all precautions and usage directions before using cleaning products. For more information on mold, allergies and asthma, log on to [www.aafa.org](http://www.aafa.org).

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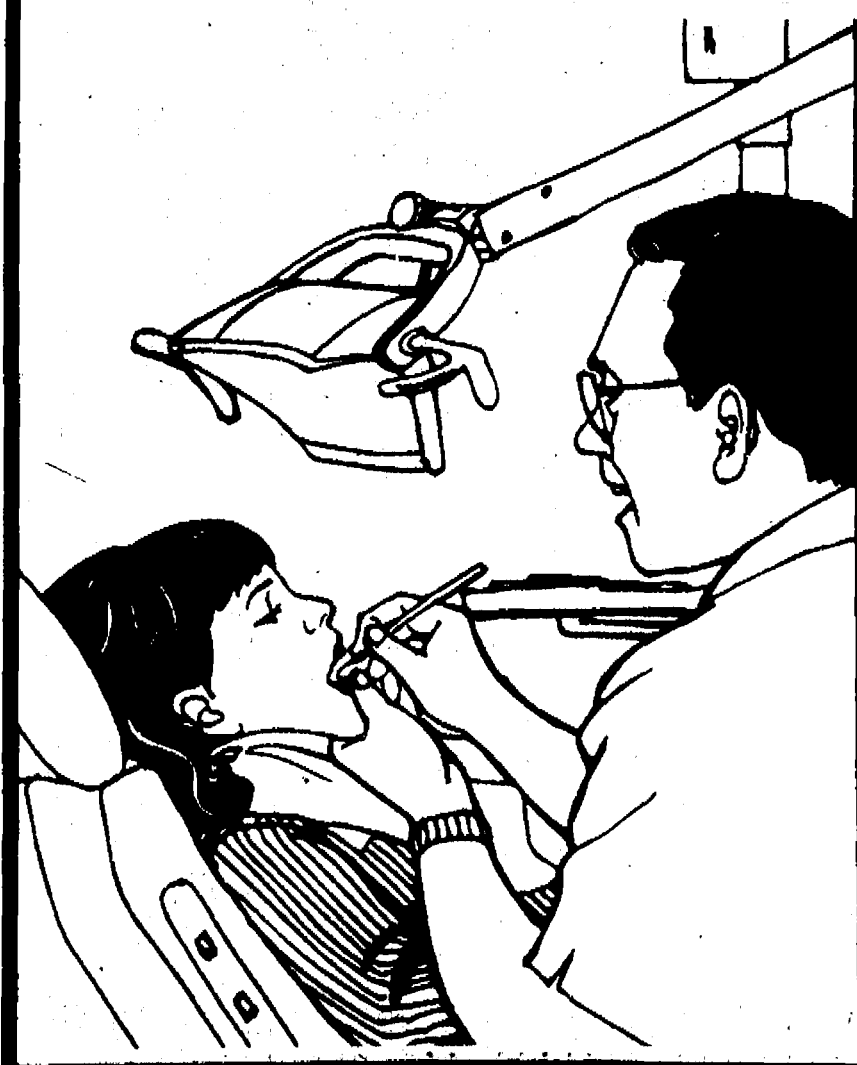
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C. Thomas Riegle, D.D.S.

People today are living longer and healthier lives. They also expect their quality of life to be better than their parents or grandparents. An integral part of our overall health and enjoyment is to be able to properly eat, chew and enjoy food. A healthy and fully functioning dentition contributes significantly to normal digestion and nutrition.

Most of today's dental problems can be prevented with proper home care and regular professional visits to your dentist. People no longer should accept that dentures are inevitable. In fact, the majority of tooth loss is the result of periodontal disease (the gradual destruction and loss of bone and tissue) causing teeth to become loose. With regular professional care, the instigators of periodontal disease can be arrested or eliminated, thus preserving the permanent dentition which was meant to last a lifetime.





# Tips to Help You Feel Good and Live Longer

(NUI) - If you want to look good, feel good and live longer, health experts recommend eating a balanced diet and good old-fashioned exercise.

Although it can be tempting to go on the latest fad diet and easy to watch television on the couch instead of working up a sweat, this type of lifestyle can be detrimental to your health. Fad diets are quick fix-it solutions that probably won't keep weight off in the long term.

For healthy eating, choose a diet low in fat and cholesterol and high in vegetables, fruits and grains.

Exercise, besides helping you lose weight, can improve your health, lift your spirits, give you more energy and reduce stress. For overall fitness, experts recommend at least 30 minutes of moderately intense physical activity (such as walking, cycling, swimming or yard work) on all or most days of the week.

So how do you get motivated?

Remember that small changes add up, so you don't have to tackle everything at once. Concentrate on one thing at a time and you will gradually develop a new, healthy lifestyle. Here are some tips on how to incorporate healthy nutritional and fitness changes into your daily life:

- **Look ahead.** Plan your meals ahead of time to avoid eating on the run and making poor food choices.

- **Shop wisely.** Hit the outside aisles first. That's where the vegetables, fruits and grains are usually found.

- **Order carefully.** In restaurants, ask for foods that are broiled, grilled, baked or steamed instead of fried.

- **Substitute healthy alternatives.** For example, use lowfat yogurt instead of mayonnaise and sour cream, flavor vegetables with lemon juice and herbs instead of salt, and use two egg whites instead of one whole egg in your favorite recipes.

- **Sneak extra exercise into your routine.** Take the stairs instead of the elevator. Park at the far end of the parking lot and walk to your destination. Get up from your desk during the day to stretch and walk around.

- **Do chores yourself.** Mow your own lawn, rake your own leaves and carry your own groceries.

- **Make exercise fun.** Choose an activity you enjoy and one that fits your lifestyle. Find an exercise partner for motivation and socialization.

- **Set realistic goals.** If you miss a day, just get back on track the next day and don't give up if you don't see immediate results. Be sure to work some rest days into your schedule.

For more tips, call 1-800-638-5433 for the free Life Advice brochures "Eating Right" and "Fitness and Exercise."

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## Seven Tips to Help You Avoid Knee Injuries

(NUI) - If you love to play sports, a knee injury or knee pain can put a damper on your fun, or worse, could lead to arthritis later, as some research indicates.

No matter how athletic you are, it's important to protect yourself. Injuries can happen to anyone, but you can reduce your risk with some precautions. Tearing the anterior cruciate ligament is one common knee injury.

The ACL connects the thighbone to the shinbone. It is the protective ligament that stabilizes the knee. It can tear as a result of a sudden twist at the joint, extreme pressure, overuse or direct impact to the knee.

ACL tears occur often in contact sports such as basketball, soccer and volleyball. They also are common in gymnastics and skiing.

Women are more prone to ACL tears. One reason for that could be that they maneuver differently when playing a sport, in a way that puts extra pressure on the knees.

To help lower your risk of a knee injury, follow these tips:

- Warm up and stretch before a workout or playing a sport.

- Do strengthening exercises, particularly the leg muscles around your knees.

- Condition your body regularly. If you only play a sport during certain times of the year, keep your body in shape

during the off season.

- Stop when you are tired. Injuries often occur at the end of an activity when the muscles and joints are fatigued.

- Wear proper shoes that are designed to provide support for the sport you play.

- Practice proper techniques when landing and turning to avoid putting unnecessary

pressure on the knees. If you don't know these techniques, seek the advice of a sports medicine expert.

- Don't increase your intensity too much at once. It's better to do it gradually. The rule of thumb is no more than 10 percent per week.

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# Physical Activity, Better Eating Key to Good Health

(NUI) – Would you like to have more energy, reduce stress, and tone your body? Feel good and improve your health in many ways by moving more and eating better, say experts from the National Institutes of Health.

More than half of adult women over age 20 in the United States are overweight or obese, according to the Centers for Disease Control and Prevention. African-American and Mexican-American women have the highest rates, with nearly 66 percent considered overweight or obese.

Overweight and obesity have been linked to type 2 diabetes, heart disease, high blood pressure, stroke, osteoarthritis and breast, uterine and colon cancers. Reproductive problems and depression are also associated with overweight and obesity.

Moving more and eating better not only help you lose weight if you need to, but help you feel better, look better,

and have more energy.

To make physical activity fun, choose something you enjoy, like dancing, rollerblading, walking, biking or playing sports. Be active with a friend or your children. That way, you can spend time with loved ones and do something good for your health, too.

When you start moving more, make sure you fuel your body with healthy foods. As you begin to make small changes in your eating habits, try these time-saving tips:

- Buy foods that are easy to prepare, like pasta, tuna or rice and beans.
- Plan ahead and cook enough to last. Leftovers save time and money.
- Buy frozen or canned vegetables and canned fruit pack-

aged in juice.

For more tips on fitting healthy habits into your hectic family schedule, request the free brochure "Energize Yourself and Your Family," which is part of the "Sisters Together, Move More, Eat Better" brochure series from the

Weight-control Information Network. WIN is a national service of the National Institute of Diabetes and Digestive and Kidney Diseases of the NIH.

Brochures with health tips written specifically for young women and mature women are also available. To receive your free copies, call 1-877-946-4627 or visit:

www.niddk.nih.gov/health/nutrit  
(Copyright© 2003 NewsUSA - www.newsusa.com)

## What to Do When Someone You Love Has Arthritis

(NUI) – If you live with a family member who has arthritis or if you have a friend who has the disease, it may be difficult to cope – not only for them but for you.

You've probably scoured the Internet or your local library for research on arthritis, but there is a lot to learn.

Arthritis is a condition that causes pain, stiffness and swelling in the joints. There are more than 100 different types of arthritis, and currently, no cure is known. According to the U.S. Centers for Disease Control and Prevention, arthritis and related conditions affect an esti-

mated 43 million Americans, or about one out of six people. By 2020, an estimated 60 million Americans will be affected by arthritis.

People who have arthritis often find it challenging to do everyday tasks, especially those that put pressure on the joints, including opening jars and cans, gardening, housework and even bathing. Arthritis is the leading cause of disability in the United States. While you may not be able to know exactly what your loved one is going through, it's important to offer your love, support and compassion.

(Continued on Page 5)

### Are you suffering from hip pain?

If you are suffering from painful arthritis of the hip or considering hip replacement surgery, ask your doctor about a new procedure that is helping people regain their mobility and enjoy their normal activities.

The New Zimmer Minimally Invasive Solutions™ (MIS™) Mini-Incision hip replacement procedure is making hip replacement easier than ever before. A minimally invasive alternative to traditional hip replacement surgery, the Mini-Incision procedure offers several potential benefits:

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# Take Charge of Your Health This Summer

(NUI) – Once school is out, you may find yourself spending more time in front of the television or the computer. But you and your friends should take advantage of the extra time, longer days and warmer temperatures by becoming more physically active.

Regular physical activity will help you feel better and give you more energy. It helps you think and concentrate better. Plus, activity can decrease boredom, ward off depression and help you handle stress.

Basketball, swimming, rollerblading, biking or mowing the lawn are great activities, but whatever you do is up to you. Just pick something that you like to do and stick with it. You don't have to give up instant messaging – just make sure that you also fit physical activity into your day.

Along with being active,

healthy eating is important to feel your best. Examine your eating habits. As a teenager, you need to eat a variety of foods that will help your body grow properly.

If you eat a lot of burgers and fries or pizza loaded with greasy toppings, your diet is probably not balanced. There's nothing wrong with eating these foods – just eat them in smaller amounts and try to balance them with healthier foods.

If you eat in places such as your room or in front of the TV, you may want to change that habit. Eating while doing other things makes it easy to lose track of how much you've already eaten.

By eating meals and snacks at the dinner table, you can pay more attention to what you're eating so that you don't overeat. If you want to snack

while watching TV, take a small amount of food with you, such as a handful of pretzels or a couple of cookies – not the whole bag.

You can take charge of your health by making small changes in your physical activity and eating habits. Give it a try this summer. You will feel and look better, and be healthier for the rest of your life.

For more tips on ways to be active and eat well, order the free booklet "Take Charge of Your Health! A Teenager's Guide to Better Health" by contacting the Weight-control Information Network at 1-877-946-4627 or visiting [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm).

WIN is a national information service of the National Institutes of Health.

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## What to Do When Someone You Love Has Arthritis

(Continued from Page 4)

Here are some tips that can help when someone close to you is suffering from arthritis:

- **Do your homework.** Learn all you can about arthritis. The more you know, the more you'll be able to help. But also be realistic in your expectations of how much you can do.

- **Do things to help ease your loved one's pain.** Offer to cook dinner or help with household chores on the days his or her joints are in the most pain. Offer to help apply a pain-relieving ointment to those hard-to-reach areas. Topical pain relievers can help

bring relief and are available in stores where health care products are sold.

- **Include your loved ones who have arthritis in social activities.** Don't assume they won't want to come along because arthritis is holding them back. That is their decision to make, but whether or not they take you up on your offer, your invitation will be appreciated.

- **Join a support group.** Don't be afraid to ask others for help. Talking to people who are in a similar situation is a great way to get new ideas. Share your experiences and see how much you can learn.

- **Be nice to yourself.** Caring for a loved one with arthritis can be stressful. Don't neglect your own needs. Take time out to relax and keep your body healthy, too.

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# Calcium and Vitamin D: Both Key to Bone Health

(NUI) - While many people know calcium is important for strong bones, vitamin D is often the "forgotten nutrient" when it comes to bone health.

In a national survey recently conducted by Minute Maid, 94 percent of Americans correctly identified the bone-strengthening benefit of calcium, but only 51 percent were aware that vitamin D also is key to building and maintaining strong bones.

Vitamin D is important because it helps the body absorb calcium. In conjunction with calcium, vitamin D helps build and maintain strong bones. Without enough vitamin D and calcium, people may be susceptible to bone-density loss and, eventually, osteoporosis.

According to the National Osteoporosis Foundation, osteoporosis and low bone mass are threats for more than half of Americans aged 50 and older.

"When people think about calcium, they also need to

think about vitamin D," said Dr. Michael Holick, director of the Bone Healthcare Clinic at Boston University Medical Center. "Without incorporating both into their diet, people are shortchanging themselves."

There are only a few natural sources of vitamin D, including fatty fish, fish oils, egg yolks and direct exposure to sunlight. Vitamin D also is available in fortified milk and in new Minute Maid calcium and vitamin D fortified juices. The juices are available nationwide and have the same amount of calcium and vitamin D per serving as vitamin D-fortified milk.

Use the following "three Ds" to help build strong bones:

• **Demand vitamin D, as well as calcium.** Maintaining a balanced diet that is rich in

vitamin D and calcium helps strengthen bones. Avoiding alcohol and smoking also helps prevent bone density loss.

• **Do weight-bearing exercises.** Walking, running and lifting weights puts pressure on bones, making them even stronger.

• **Don't wait.** Although osteoporosis is most prevalent in older Americans, laying the foundation for good bone health should start early in life. Adolescence is a vital time for building strong bones, which can help combat losses later in life. Typically, people begin losing bone mass in their mid-30s.

For more information on vitamin D and bone health, visit [www.minutemaid.com](http://www.minutemaid.com).

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## What's Stopping You From Being Active?

(NUI) - Have you ever started a physical activity program but stopped after a week? What made you stop?


Are you too tired, too busy or simply unmotivated? It may be hard to stick to the routine at first, but once you begin to exercise regularly, you'll realize the pros far outweigh your initial reasons for not being active.

Regular physical activity helps you feel great. It can make you more energetic and helps you look good in your clothes. It also may help you avoid type 2 diabetes, high blood pressure, heart disease, stroke and some forms of cancer.

Figuring out what prevents you from getting your 30 minutes or more of moderate-intensity physical activity a day can help you stay with a program for the long term. These tips from the Weight-control Information Network (WIN) may make it easier for you to become and stay physically active:


• If you do not have time to be active, try doing 10 minutes of physical activity three times a day or planning activities that get your family moving - like a softball game or a walk through the zoo.

(Continued on Page 7).



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That is why most people do whatever they can to defend themselves against illness. Because the spine plays such an important role in the body's nervous system, regular spinal examinations are recommended by doctors of chiropractic as part of your body's defense against illness.

Misalignments in your spine may cause interference in your body's nervous system. This may have adverse

effects on the organs and tissues it serves.

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# Get Your Kids on Track to Better Nutrition

(NUI) – When you think about the foods children love, macaroni and cheese, pizza, and peanut butter and jelly sandwiches probably come to mind. But just because your kids are eating the foods they love doesn't mean they're getting balanced meals.

Studies show that children don't always get the nutrients they need, whether it's at home or in school. For instance, in its 2002 report on the quality of school lunches, the Physicians Committee for Responsible Medicine gave unsatisfactory grades to six out of the nation's 10 largest school districts that participate in the National School Lunch Program.

A child's diet is important not only for his or her overall health, but also for school performance.

Nutrition experts believe

that children who eat healthy, especially at breakfast time, have better problem-solving skills, coordination and concentration. Proper nutrition early on also may prevent future health problems, such as obesity, diabetes and weak bones.

But feeding adolescents can be a challenge, especially if they are finicky eaters. So, what can parents do to keep their children from raiding the cookie jar? Here are some tips:

- Set a good example by eating healthy meals and snacks. Your children will follow your lead.
- Never force your children to eat if they're not hungry.
- Keep track of serving sizes. A child's portion is considerably smaller than an adult's.
- Make cooking fun by

involving children in the kitchen. Instead of calorie-loaded chocolate chip cookies, try making a fresh fruit smoothie together.

• Keep healthy foods within easy reach for breakfast and snacks. Cereal bars and pre-cut fruits and vegetables are easy to grab on the go.

With today's busy schedules, many parents need help keeping youngsters on the right track to healthy eating habits. One way to compensate is through nutritional supplements developed for children, like Medifast's new "Fit!" line. A healthy alternative to fast food and sweets, Medifast's shakes and nutrition bars are designed to complement an adolescent's regular diet and exercise regimen.

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## What's Stopping You From Being Active?

(Continued from Page 6)

• If you do not feel safe in your neighborhood, try forming a group of people to walk, jog or bike together; working out with videos in your home; or taking a class at a nearby community center or fitness center with a friend.

• If you do not have child care, try walking, biking or playing tag with your child.

• If you do not want to ruin your hairstyle, try a natural hairstyle; a short haircut;

braids, twists or locks; or a hairstyle that can be wrapped or pulled back.

• If you do not like to exercise, try taking a class like dance or yoga, or being active with a friend or group.

Use these ideas to help you beat the roadblocks that prevent you from being active. And work toward a goal of doing at least 30 minutes of moderate-intensity physical activity on most days of the week, preferably every day.

For more ways to add physical activity into your life, eat better and have a healthy weight, contact WIN at 1-877-946-4627 or

www.niddk.nih.gov/health/nutrit/nutrit.htm. WIN is an information service of the National Institutes of Health (NIH), which is part of the U.S. Department of Health and Human Services (DHHS).

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## Prevention Remains Key to Treating Back Pain

(NUI) — Every year employees across the United States cost American businesses an estimated \$100 billion in work-related stresses such as back pain, eyestrain, headaches and neck aches.

In fact, back problems are second only to the common cold in the number of sick days taken by workers.

According to the American Osteopathic Association, depending on the cause, back pain can occur in different areas of the back while inflicting different types and degrees of pain.

Back pain can occur as a result of bad personal health habits and personal risk factors such as smoking, excessive weight gain, lack of exercise, lack of flexibility and unnecessary strain, according to the AOA.

Some patients may experience the occasional dull pain while others suffer from constant agonizing pain making even the simplest movements difficult. Either way, both types prohibit people from

completing normal daily activities.

While back pain can be very complex, difficult to diagnose and involve a wide variety of treatment options with various risks and benefits, osteopathic physicians (also known as D.O.s) suggest the following tips to prevent or minimize the occurrence of back pain:

- **Practice good posture.** Whether you sit at a desk typing on a computer or work construction, you should sit up straight, lift with your legs, and avoid awkward bending and twisting.

- **Refrain from excessive strenuous activities.** Limit the amount of time spent performing heavy manual labor and participating in strenuous sports.

- **Consider all your options.** After examining a patient with chronic back pain, a physician can determine if surgery, medication or other forms of treatment may solve the problem. In some instances, muscle relaxers or pain relievers

may help to ease the pain. In other cases, surgery might be needed to repair damaged muscle or tissue.

Some doctors of osteopathic medicine recommend that patients try osteopathic manipulative treatment. This includes the D.O. using his or her hands to examine the back and other parts of the body such as joints, tendons, ligaments and muscles, for pain and restriction during motion that could signal an injury or impaired function.

Regardless of the method of treatment your physician chooses for your situation, practicing healthy habits and taking preventive measures will reduce your chances of suffering from back pain whether you are 5 years old or 75 years old. And taking care of your body before a problem appears is always the best medicine.

For more information on D.O.s, visit the AOA's Web site at [www.aoa-net.org](http://www.aoa-net.org).

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## Should medical physicians refer to chiropractors?

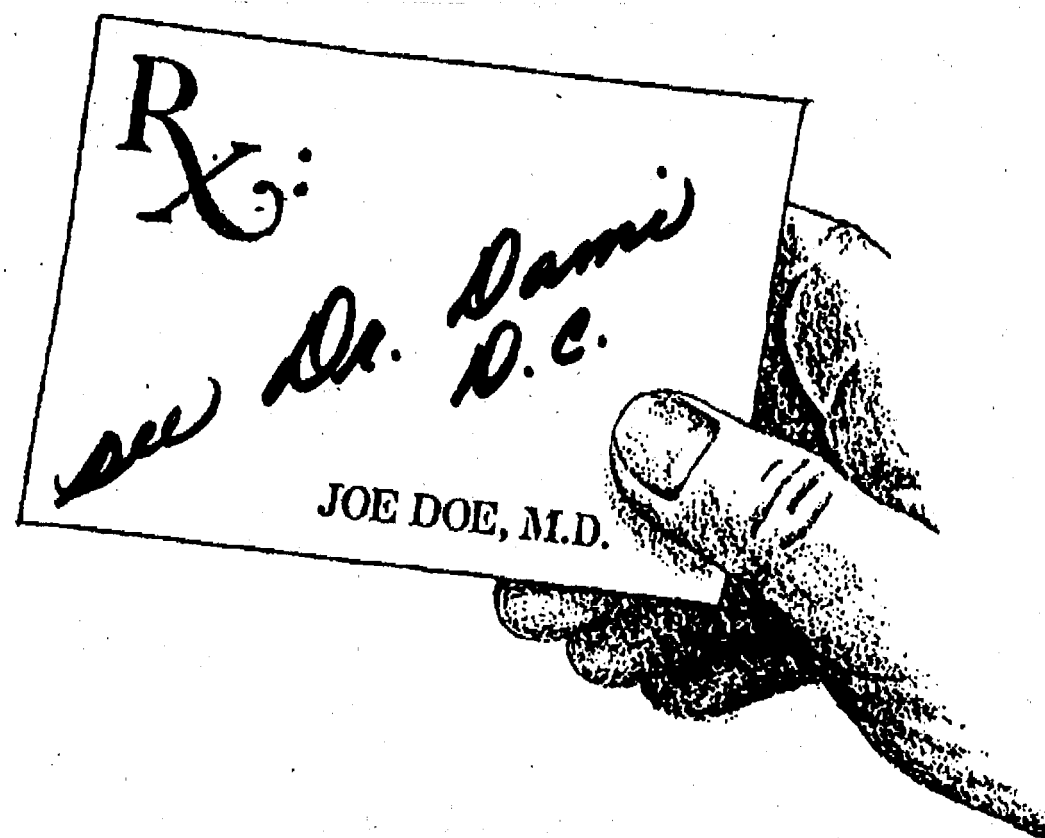
**YES—and here's why.**

The following scientific studies done by *medical sources* comparing chiropractic care against medical and physical therapy non-surgical care of the back and neck show that chiropractic procedure relieves chronic and severe pain, both immediate and long term, in half the time it takes medical physicians (who are not trained in chiropractic procedure).

No wonder as many people with back pain choose to go to chiropractors as go to orthopedic surgeons. This fact is stated in *Spine* journal\*, in a report published by the Department of Medicine, University of Texas Health Science Center.

If you are the victim of an injury to your musculo-skeletal system and have not gotten satisfactory results from medical treatment perhaps you should urge your medical physician to refer you to a doctor of chiropractic, for a thorough evaluation. In addition to a record of excellent results, it is important to note that chiropractic is a *non-surgical* procedure.

\*April 1987 Issue Vol. 12, No. 8 pp. 264-68



### RESEARCH SUPPORTS THE FACTS

California Workmen's Compensation Study (1972), C. Richard Wolf, M.D.

Average lost time per employee — 32 days in the M.D.-treated group, 15.8 days in the chiropractor-treated group.

Employees reporting no lost time — 21% in the M.D.-treated group, 47.9% in the chiropractor-treated group.

Employees reporting lost time in excess of 60 days — 13.2% in the M.D.-treated group, 6.7% in the chiropractor-treated group.

Employees reporting complete recovery — 34.8% in the M.D.-treated group, 51% in the chiropractor-treated group.

Oregon Workmen's Compensation Study (1971), Roland Martin, M.D., Director, Workmen's Compensation Board.

Examining the forms of conservative therapy the majority received, it is interesting to note the results of those treated by chiropractic physicians.

A total of twenty-nine claimants were treated by no other physician than a chiropractor. 82% of these workmen resumed work after one week of time loss. Their claims were closed without a disability award.

Examining claims treated by the M.D., in which the diagnosis seems comparable to the type of injury suffered by the workmen treated by the chiropractor, 41% of these workmen resumed work after one week of time loss.

British Medical Research Council Study (1980) reported in the *British Medical Journal* for June, 1980.

Results — Chiropractic treatment was more effective than a hospital outpatient management, mainly for patients with chronic or severe back pain. A benefit of about 7% points on the Oswestry scale (between three quarters and twice as effective according to Dr. Tom Meade, medical researcher in charge of study) was seen at two years. The benefit of chiropractic treatment became more evident throughout the follow up period. Secondary outcome measures also showed that chiropractic was more beneficial.

Conclusions — For patients with low back pain in whom manipulation is not contraindicated, chiropractic almost certainly confers worthwhile, long term benefit in comparison with hospital outpatient management. The benefit is seen mainly in those with chronic or severe pain. Introducing chiropractic into NHS practice should be considered.

Descriptive Epidemiology of Low Back Pain And Its Related Medical Care In The United States, *Spine* Magazine, April 1987. Richard A. Deyo, M.D., MPH and Yuh-Jane Tsui-Wu, M.S.

Table 2: Use of Health Professionals With Low-Back Pain

|                    | Chiropractor | Chiropractor |
|--------------------|--------------|--------------|
| All Subjects       | 36.9         | 30.8         |
| Race               |              |              |
| White              | 36.4         | 38.6         |
| Black              | 45.4         | 14.1         |
| Other              | 26.0         | 22.3         |
| Significance       | NS           | <.0001       |
| Region             |              |              |
| Northeast          | 41.2         | 29.6         |
| Midwest            | 34.8         | 38.1         |
| South              | 36.6         | 29.6         |
| West               | 36.2         | 44.6         |
| Significance       | NS           | <.0001       |
| Education          |              |              |
| Elementary or none | 28.9         | 32.8         |
| High School        | 35.4         | 37.4         |
| College            | 45.5         | 37.2         |
| Significance       | <.0002       | NS           |

For copies of the first two studies, contact the American Chiropractic Association, at 1701 Clarendon Blvd. Arlington, Virginia 22209. To review the last two studies visit your local library or contact the publications directly. American Chiropractic Association 1991



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# Potassium Can Keep Your Heart Healthy

(NUI) – Taking care of your body starts by ensuring the well-being of its most vital muscle, the heart. According to the National High Blood Pressure Education Program, 50 million Americans have high blood pressure, also known as hypertension.

However, studies show that getting enough potassium, along with a good diet and exercise, can help keep the blood pressure down and the heart healthier.

The new National High Blood Pressure Education Program guidelines recommend a daily intake of at least 3,500 milligrams of dietary potassium. People also should maintain a diet rich in fruits, vegetables and low-fat dairy products.

Despite the health benefits of adequate intake of potassium, 82 percent of Americans are not meeting the recommended levels.

Blacks and women, who are more likely to suffer from high blood pressure, consume about 15 percent less potassium daily than the average

American. Until the age of 55, more men than women have high blood pressure. After that, the ratio reverses.

One study by the Cleveland Clinic Foundation, a leading heart research center, found that two glasses of orange juice a day significantly reduced blood pressure after adjusting for age, gender and baseline blood pressure.

The Food and Drug Administration has recognized the role potassium plays in heart health. In 2000, Tropicana won permission from the FDA for a new health

claim about potassium: "Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke."

The potassium health claim may be the best guide to inform consumers about potassium content in foods since the standard fact panel does not require the listing of potassium.

Below is a list of foods that provide more than 10 percent of this recommended intake and are low in sodium and fat.

(Continued on Page 12)

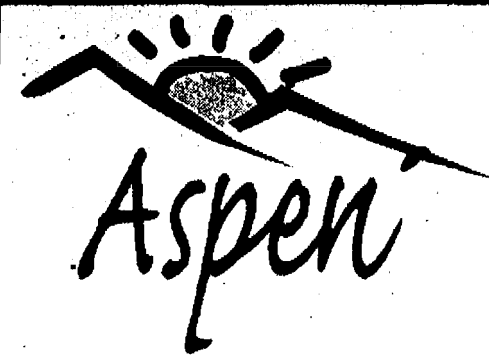


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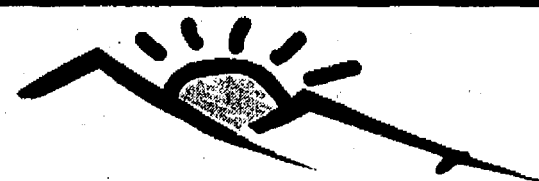
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| - Hospital Newborn, Child & Adult Care   | - Osteopathic Manipulative Therapy |
| - Same Day Sick Child Appointments       | - Minor Surgeries                  |
| - Immunizations for Children             | - Nursing Home Care in Grayling    |
| - Blood Pressure Monitoring              | - and MORE                         |



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**Charles L. Gosling, M.D.,**

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**Lisa A. Harrington, D.O.,**

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**Thad M. Jackson, D.O.,**

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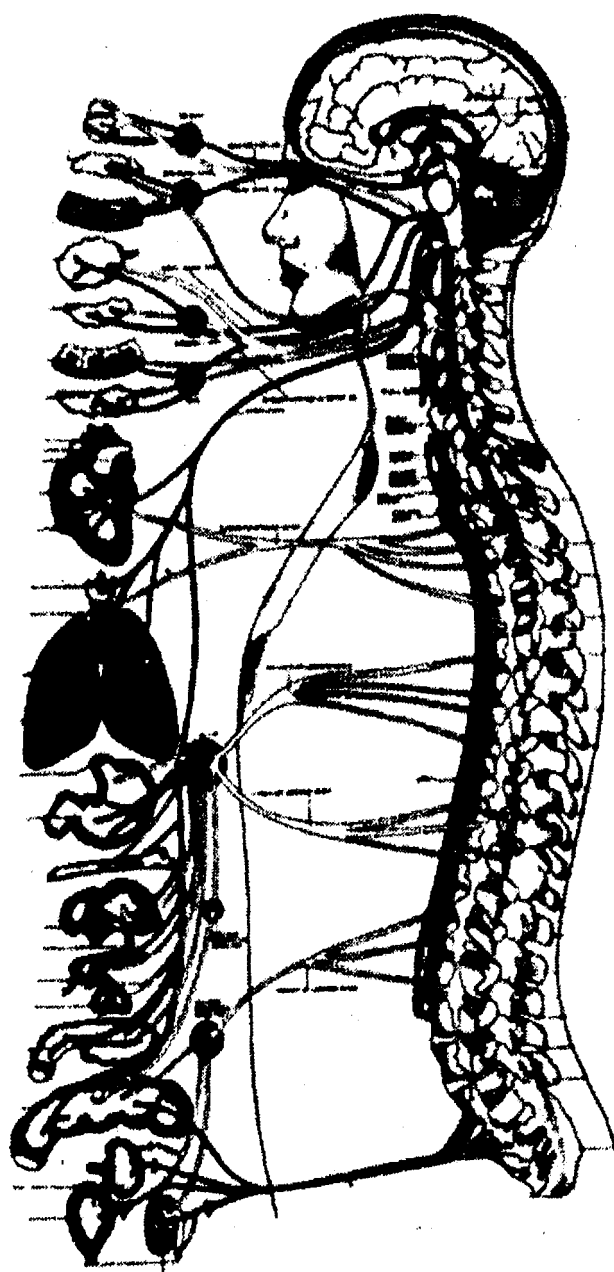
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## WHEN IN TROUBLE DON'T FORGET THE BASICS

Structure = Comfort  
Function = Wellness  
Nutrition = Vitality



Headaches can start here

Pain often starts here

Nerves are pinched here

Organ control can be reduced here

Muscle function/balance is reduced here

How you stand and how you walk is affected here

Shoulders, arms, legs, and feet can be affected here

**THE MOST CAPABLE DOCTOR IS  
THE ONE ALREADY INSIDE OF YOU.**

**MAYBE WHAT YOU'RE NOT GIVING IT,  
IS WHAT IT REALLY NEEDS?**

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# How to Reduce Bad Stress, Live a Happier Life

(NUI) – Stressed out about stress? Don't fret. The good news is that although stress is unavoidable, you can take actions to maintain a healthy, positive attitude and lead a happy life.

No one is born with stress. All stressful responses are learned over time as a result of life experience. Just as people learn to respond to stress in a negative way, they also can learn to respond to it in a more positive and productive way.

Although most people think of stress in negative terms, there is both good and bad stress. Positive life experiences such as graduating from school or college, getting married, having a baby, moving to a new home and starting a new job also are sources of stress. Stress is a normal, natural and unavoidable part of life.

Good stress gives you energy, enthusiasm and excitement about a particular life event.

Bad stress is harmful to your health. It makes you feel tired, irritable, unhappy and overwhelmed by life.

To help you better balance the two and further reduce negative stress, here are some words of wisdom from the experts at BestSteps.com:

- Identify the people, situations and activities in your life that cause you stress. Think about what you can do immediately to begin alleviating the stress in these situations.
- Accept responsibility for everything you are and everything you will ever be. Do not dwell on the negative.
- Be willing to deal with reality as it is, not as you wish it could be.
- Remember that you can take control of everything that happens in your life by either stepping forward or walking away.
- Become so busy working on goals that are important to you that you don't have time to worry about stress.

(Continued on Page 11)

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June is  
**Cancer Awareness**  
MONTH



More than 1.3 million new cancer cases will be diagnosed in the United States in 2003. Learn more about how diet, exercise, lifestyle factors, and screenings could help you win the battle against cancer.

### Breastfeeding: It's Best for Mom and Baby

This two-hour course covers the benefits of breastfeeding for mom and baby. Breastfeeding questions and concerns will be addressed. Birth partners are welcome. Preregistration is required, and the cost is \$5. To register, call (989) 348-0599. June 3, 7 - 9 pm

### Glucose and Blood Pressure Screening

Free screenings for diabetes and blood pressure checks are available without an appointment.

**Mercy Family Care – Roscommon**  
June 4, 8 - 10 am

**Mercy Family Care – Prudenville**  
June 11, 8 - 10 am

### \*Get Interactive!

Many classes are available live at community hospitals throughout northern Michigan via the REMEC TeleHealth Network. Call Mercy Hospital Grayling for availability.

### Nutrition Education

Appointments with a Registered Dietitian, available 8 am - 4:30 pm. To schedule an appointment, call (989) 348-0380.

**Mercy Family Care – Roscommon**  
June 4, 18

**Mercy Family Care – Prudenville**  
June 11, 25

**Mercy Hospital Grayling**  
Monday - Friday

### Diabetes Support Groups

**Mercy Family Care – Roscommon**  
June 4, 1 - 2 pm

**Mercy Family Care – Prudenville**  
June 11, 1 - 2 pm

**Mercy Hospital Grayling**  
June 17, 1 - 2 pm

### Baby Care: Your Loving Touch

The basics of newborn care and parent concerns are discussed. Birth partners are welcome. Preregistration is required, and the cost is \$5. To register, call (989) 348-0599. June 10, 7 - 9 pm

### Infant/Child CPR

Learn life-saving techniques for infants and children. Cost is \$24. To register, call (989) 348-0888. June 11, 6:30 - 10 pm

### Heart Health and Fitness Program Exercise Class

For those with or without a history of heart disease who need help starting a regular exercise routine and who have two or more risk factors for heart disease: diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress. One-hour classes include blood pressure checks, exercise, and dietary guidelines, and weekly educational presentations. Cost is \$4.50 per session. To register, call (989) 348-0371.

**Mercy Hospital Grayling**  
Monday, Wednesday, Thursday

### Other Offerings Through Munson Healthcare

#### Cancer Survivors' Day Picnic

Any person with a cancer diagnosis and their family is welcome to attend this 16th annual event. Picnic lunch, clowns, balloons, music, T-shirts, and door prizes are provided. To register, call (231) 935-6921.

**Front Lawn of Building 50**  
June 1, 1 - 3 pm

#### Cardiac Lecture Series\*

Cardiologist John Formolo will discuss the symptoms, causes, and treatments of irregular pulse or heart rhythm in his presentation "Atrial Fibrillation: How This Heart Rhythm Affects You."

**Munson Medical Center**  
June 5, 7 - 8 pm

For a complete list of offerings, visit us online at [MERCYGRAYLING.MUNSONHEALTHCARE.ORG](http://MERCYGRAYLING.MUNSONHEALTHCARE.ORG) or call 1-800-33-MERCY (1-800-336-3729).



## Steps to Attaining a Beautiful Smile

(NUI) – Some people possess beautiful, white teeth while others try but can't seem to achieve the same result. Believe it or not, the secrets to a great smile are simple steps that each and every one of us can take every day.

Here are some tips from the dental experts at Milestone Scientific on how to attain a confident, healthy smile:

- **Take extra time to give your teeth the care they deserve.** It takes two to three minutes to adequately brush your teeth. Most people spend less than 30 seconds brushing their teeth. Brushing your teeth effectively removes millions of bacteria that live in our mouths.

- **Don't forget to floss.** Flossing removes the bacteria that live in between the teeth that can not be reached with your toothbrush. There bacteria continue to feed on food left behind. Bacteria invade and

destroy gum tissue as well as the bones and ligaments that support teeth.

- **Cut back on the sweets.** It's not just the candy that is dangerous to your smile. Bacteria feed on sugar, which creates decay causing acid. Bacteria, however, not only use candy to create acid but can use any food which contains sugars and other carbohydrates. Saliva acts as a natural plaque fighting substance, so chew sugarless gum to help stimulate saliva flow.

- **Stop brushing so hard.** It takes very little pressure to remove bacteria, food and plaque. Unfortunately, most people apply three to four times the necessary pressure causing damage to teeth and gums.

- **Make consistent trips to the dentist.** Nearly half of the U.S. population experience some form of anxiety when visiting the dentist. But technolog-

ical advances have created less painful, more efficient dental care. For example, Milestone Scientific, Inc., has developed a product called The Wand, which delivers a droplet of anesthesia to the injection site before the needle enters the tissue. This eliminates the pricking sensation so many patients dread. When advanced slowly, the drops of solution anesthetize the tissue ahead of the needle, thereby yielding a virtually painless needle insertion.

- **Reduce coffee intake.**

Coffee and tea stain your teeth and destroy your natural smile. Plus, drinking hot coffee causes small fractures in teeth called crazes. Crazes occur when teeth are forced to expand and contract as a result of being exposed to hot foods or liquids.

To learn more about how to get a confident, healthy smile, visit [www.thewand.com](http://www.thewand.com).

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## How to Reduce Bad Stress, Live a Happier Life

(Continued from Page 10)

- Set peace of mind as your highest goal. Organize your life so that every part gives you a deep-down sense of peace and satisfaction. The ability to structure your life in a way that brings you true happiness is a

hallmark of success.

For more advice, subscribe to BestSteps.com, an online collection of mini-seminars containing practical advice about success, relationships, communication, health and more. The Web site contains a

wide selection of motivational materials from leading self-help authors, with specific steps you can take to help achieve your personal and professional goals.

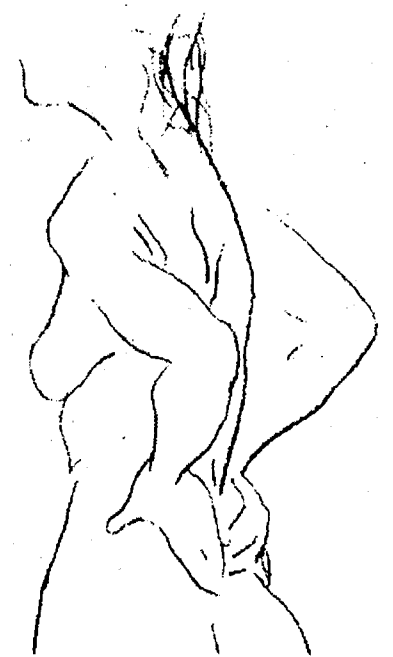
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## ONCE UPON A TIME, YOU FELT WELL.

- You slept well
- Your joints moved without restriction
- You rarely experienced headaches
- Your muscles were balanced and rarely felt cramped or spastic
- Your meals were well tolerated
- You didn't feel fatigue or sore all over

**YOU LOST SOMETHING AND YOU KNOW YOU NEED TO GET IT BACK**

**HAVEN'T  
YOU  
WAITED  
LONG  
ENOUGH?**



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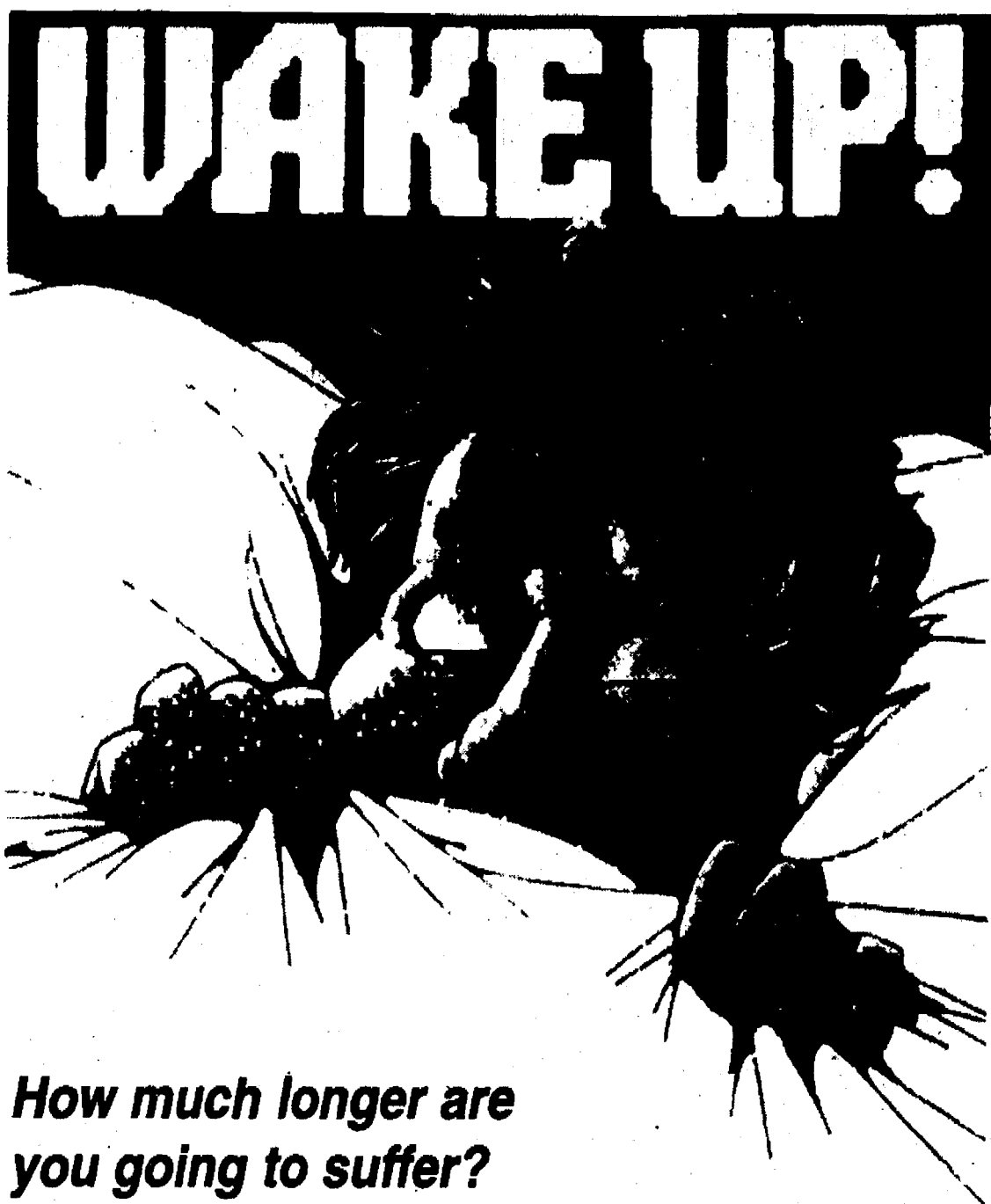
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## How much longer are you going to suffer?

That **neck, back or leg pain numbness or burning**, even chronic **recurrent headaches** are all warning signals. If your nights have become sleepless or if you're becoming more frequently and severely bothered by pain that "used to just go away"

**It's time to call...**

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# Top 10 Things To Know About Health Care Fraud

(NUI) – Did you know health care fraud costs American consumers as much as \$1 out of every \$7 spent on health care?

The National Healthcare Anti-Fraud Association estimates fraud costs Americans about \$33 billion to \$55 billion annually. That's about 3 percent to 5 percent of the nation's health care spending.

Blue Cross and Blue Shield Plans saved nearly \$250 million last year through aggressive health care fraud investigations, improved coordination and increased information sharing between private and public law officials.

In order to help consumers combat this problem, Blue Cross and Blue Shield Association is educating the public with a booklet about health care fraud. In it, Blue Cross and Blue Shield Association notes that the majority of people who work in the health care system are honest. However, consumers should be aware of some common schemes, including:

- **Phantom billing.** Charging for services never performed or

using real patient names and health insurance information as the basis for fabricating claims.

- **Upcoding.** Charging for a more expensive service such as a visit to a physician when the patient actually saw a nurse or a physician assistant.

- **Doctor shopping.** Bouncing from one doctor to another in order to obtain multiple prescriptions for controlled substances.

- **Providing unnecessary care.** This includes unnecessary tests, surgeries and other procedures.

- **Misrepresenting services.** Performing uncovered services, but billing insurance companies for different services that are covered.

- **Unbundling.** Charging separately for procedures that are actually part of a single procedure.

- **Masquerading as health care professionals.** Delivering health care services when they are not licensed to do so.

Here are some tips on what consumers can do if they suspect health care fraud:

- **Recognize healthcare**

scams. When it sounds "too good to be true," it probably is. Consumers should be cautious of free medical exams, co-payment waivers or advertisements stating "covered by insurance."

- **Treat your health care card like your credit card.** If lost or stolen, a health care card could be used to gain access to prescriptions and services that may permanently appear on your medical history.

- **Closely examine your "Explanation of Benefits" from your health insurer.** Be sure the service billed was the service received when you or a member of your family visited a health care provider. If there is a discrepancy, call the provider first since in most cases it is a clerical error. However, if you are unable to resolve the matter, contact your health plan immediately.

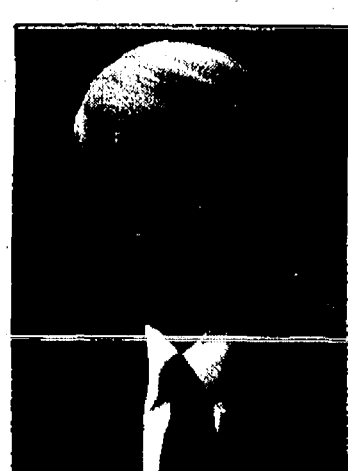
Many Blue Cross and Blue Shield plans have established fraud hotlines for consumers to report suspected fraud. Just visit [www.bcbs.com](http://www.bcbs.com) to link to Web sites for Blue Cross and Blue Shield Plans nationwide.

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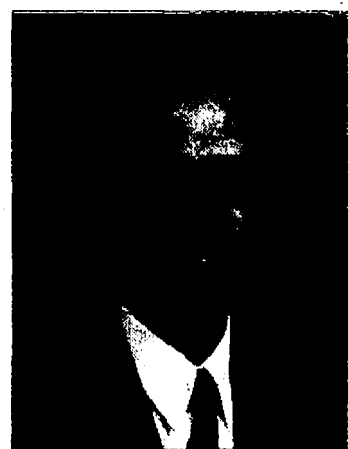
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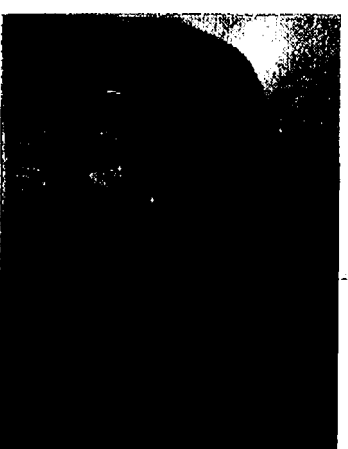
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## Potassium Can Keep Your Heart Healthy

(Continued from Page 9)

- Cantaloupe (1 cup of pieces), 494 milligrams.
- Banana (1 medium), 451 milligrams.
- Orange juice (8 fluid ounces), 450 milligrams.
- Carrots (15 baby carrots, raw), 420 milligrams.
- Spinach (boiled, 1/2 cup), 419 milligrams.
- Milk (skim, 8 fluid ounces), 406 milligrams.
- Yogurt (nonfat, 6 ounce container), 390 milligrams.
- Tomato sauce (unsalted, 1/2 cup), 350 milligrams.

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